

Newborn and Infant Support in Maryland

Developmental, Parenting and Coping Support

BabyCenter.com

- Provides information about pregnancy, development from pregnancy through toddler years, virtual groups, articles about health and wellness. App available for Apple or Android.
- <https://www.babycenter.com/>
- Spanish: <https://espanol.babycenter.com/>

Canopie

- Evidence-based program aims to help expecting and new parents feel better with emotional support and provides practical tips to help with common challenges such as sleep, feeding and bonding.
- Free for DC residents and for caregivers experiencing financial concerns.
- App is available for download on Android or iOS: <https://www.canopie.app/download>
- Content is available in English and Spanish.

Judy's Center:

- Provides support to parents and caregivers of children from birth to 5 years old. Hosts play groups, offers parenting education, provides diapers and offers case management.
- <https://vimeo.com/323289014>
- <https://marylandfamiliesengage.org/judy-center-hubs/>
- Judy's Center locations serve specific zip codes and school areas.

Judy's Center Locations:

Capitol Heights and District Heights at Carmody Hill Elementary School

- 301-808-8193
- <https://www.pgcps.org/offices/early-learning-programs/judy-center-early-learning-hub/judy-center-early-learning-hub-at-carmody-hills>

Adelphi at Cool Spring Elementary School

- 301-408-6860 extension 45487
- <https://www.pgcps.org/offices/early-learning-programs/judy-center-early-learning-hub/judy-center-at-cool-spring-elementary>

Temple Hills-Hillcrest Heights

- 301-702-3800
- <https://www.pgcps.org/offices/early-learning-programs/judy-center-early-learning-hub/judy-center-early-learning-hub-at-hillcrest-heights-elementary>

Takoma Park-Rolling Terrace Elementary School

- 705 Bayfield St., Learning Cottage 6
- 240-740-1940
- <https://www.montgomeryschoolsmd.org/departments/dtecps/judycenters/silverspring.aspx>

Gaithersburg- Summit Hall Elementary School

- 101 West Deer Park Rd.
- 301-284-4170
- <https://www.montgomeryschoolsmd.org/departments/dtecps/judycenters/gaithersburg.aspx>

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March of Dimes-Compass

- Free app for Android and iOS
- <https://www.marchofdimes.org/compassbymarchofdimes>

Mamatoto Village

- Access to a variety of classes and support groups, breastfeeding assistance, referrals to community assistance and access to essential maternity and postpartum mother and baby supplies, including breastfeeding supplies, clothes and newborn essentials.
- Eligibility: DC and Prince George's County mothers who have DC Medicaid. There are a limited number of pro-bono spaces for people who are uninsured or not covered by these health plans.
- 202-248-3434
- <https://www.mamatotovillage.org/pregnancy-postpartum/>

Mindful Mommas

- Scholarship program available for mothers experiencing a financial challenge.
- App offers evidence-based practices in maternal mental health and mindfulness. App is available for download on Android or iOS: <https://mindfulmamasclub.com/about-us>

Maryland Family Network:

- Classes, education and support including positive parenting techniques, nutrition, GED and English as a Second Language (ESL).
- Many centers have integrated Early Head Start programming; Offer transportation support; Quality infant/toddler developmental care, education, and

assessments; Assistance for parents to achieve educational, work, family and personal goals; Linkage to community resources including childcare.

- Eligibility: Free for parents and caregivers raising a child from birth to three years old.
- <https://www.marylandfamilynetwork.org/for-parents-extra/find-your-family-support-center>

Adelphi/Langley Park Family Support Center
301-431-6210
8908 Riggs Rd., Adelphi, MD 20783

Family Discovery Center
301-424-2989
1010 Grandin Ave., Rockville, MD 20851

Family Support Center of Southern Maryland
301-290-0040
8395 Old Leonardtown Rd., Hugessville, MD 20637

Washington County Family Support Center
240-420-2517
221 McRand Ct., Suite 300, Hagerstown, MD 21740

MotherToBaby.org

- Free and confidential information from experts about medications and other exposures during pregnancy and breastfeeding by phone, text, email and chat.
- 866-626-6847
- www.mothersbaby.org
- Spanish: <https://mothersbaby.org/es/>

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National Maternal Mental Health Hotline

- Confidential support (English and Spanish) before, during and after pregnancy by phone and text 24/7
- 1-833-852-6262

National Parent Helpline

- 1-855-4A-PARENT (1-855427-2796)

Peanut

- Free platform to connect with other women at a similar stage in life during pregnancy and motherhood to build community and find support
- App available for Apple or Android
<https://www.peanut-app.io/>

Postpartum Support International

- Free virtual support groups on multiple topics and targeting specific interests and populations
- www.postpartum.net/get-help/psi-online-support-meetings

Prince George's Child Resource Center:

- Offers support to families and referral to community-based resources
- 9475 Lottsford Rd., Suite 202, Largo, MD 20774
- 301-772-8420
- www.childresource.org

Shades of Blue- I.N.S.P.I.R.E. Support Groups

- Free virtual support groups for people of color
- Group categories include: Pregnant and Postpartum, Teen Moms, Single Moms, Loss At Any Stage, LGBTQ+, General Mental Health, Teen and Young Adults
- www.shadesofblueproject.org/online-support-groups
- Complete Crown Assessment to register for groups: www.shadesofblueproject.org/crown-assessment

Small Moments Big Impact

- Free interactive website or app that focuses on building a relationship with baby from birth to six months and how that feels when parenting a baby.
- IOS App: <https://apps.apple.com/us/app/small-moments-big-impact/id1495749073>
- Website: <https://www.smallmomentsbigimpact.com/>

Text4 Baby

- Provides texts to remind of upcoming appointments, information about baby's development, safety information and parenting tips.
- Text BABY (or BEBE for Spanish) to 511411 receive free text messages three times per week until baby's first birthday.
- <https://www.text4baby.org/>

The Family Tree

- Advice and guidance for parenting all ages. 24/7 in English and Spanish
- Parenting Help Line: 1-800-243-7337

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Parenting Classes

Breastfeeding Center for Greater Washington

- Classes from childbirth through toddlerhood, and all the stages in between! All classes are currently live, virtual classes. Most classes are either free or covered by insurance. Financial Assistance may be available.
- <https://www.breastfeedingcenter.org/classcalendar>

The Family Tree

- Eligibility: While virtual, all Maryland residents are eligible for parenting classes.
- <https://info.familytreemd.org/sign-up>

Home Visiting Programs

Family Connects Prince George's County

- No cost in-home support, breast and bottle feeding help, assistance with safe sleep, help learning how to soothe and care for baby, registered nurse visits every three weeks, referral to playgroups and parent support groups, postpartum mental health screening, and referral to support and community resource.
- Eligibility: All families living in Prince George's County. Services are free and available in English and Spanish, must start program during pregnancy or soon after delivery.
- 301-772-8420
- familyconnects@pgcrc.org
- <https://www.childresource.org/programs/home-visiting/family-connects-prince-georges/>

CentroNia Early Head Start Home-Visiting Program

- Home visiting program partners with Early Head Start (EHS) Program
- Services include virtual home visiting, family support, health and development support, parent education, mental health coordination, assistance with supplies such as diapers, wipes and formula. Support workers speak English, Spanish and Amharic.
- Eligibility: pregnant women and families with children birth to age 3 years who are at or below the federal poverty level. Enrollment from pregnancy until child is 3 years old.
- Requirements: Proof of pregnancy or birth certificate, copy of immunization record, copy of child's insurance card, proof of address, proof of income (2 pay stubs, W-2 or statement from employer)
- <https://www.centronia.org/programs/early-childhood-education>
 - 1288 Upshur St. NW, Washington, DC 20011
 - Sarita Torres: 202-590-8946
storres@centronia.org
 - 1345 University Blvd., Takoma Park, MD 20912
 - Henry Figueroa: 301-543-8040
hfiguero@centronia.org

The Family Tree

- Parent Assistance in Home (PATH): Free home visiting program to provide support, parenting education and connection to community resources.
- Eligibility: Prince George's County, Baltimore City, or Baltimore County resident
- <https://info.familytreemd.org/sign-up>

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Home Visiting Programs

Healthy Families Prince George's County

- Home visiting program offers weekly hour-long visits with Family Support Worker to provide parenting support, newborn care education, information about child development, strategies for bonding, connection to community-based resources, and emotional support.
- Eligibility: Residents of Prince George's County who are pregnant and parenting through three years old
- 301-431-6210
- healthyfamilies@pgcrc.org
- <https://www.childresource.org/programs/home-visiting/healthy-families-prince-georges/>

Healthy Families Southern Maryland

- No cost home visiting program offers newborn care skills, child development information, support to bond and parent baby, emotional support, and connection to community-based resources.
- Eligibility: Pregnant and parents of newborns living in St. Mary's or Charles County. First visit must take place before baby is three months old. Services available through age five.
- 301-392-9332
- healthyfamilies@center-for-children.org
- <https://www.center-for-children.org/healthy-families-southern-maryland>

Mary's Center

- Home visiting and parent support programs serve Washington, D.C., and parts of Prince George's County, Maryland.
- Five unique programs with differing services and eligibility criteria
- Services are free and voluntary
- Provide information, resources, skills and hands-on support in the comfort of your home, virtual visits are offered. Develop plans to reach your personal and family goals; Support you in accessing healthcare services for yourself and your family; Play games with your baby that promote healthy development and school readiness; Build intentional healthy relationships with each other and others close to you.
- HomeVisitingManagement@maryscenter.org
- Register: <https://www.maryscenter.org/social-services/family-support-programs/home-visiting/>

Start More Infants Living Equally Healthy (SMILE): Montgomery County African American Health Program

- Nurse administered support program. Provides case management with home visits and telephone consultation; Breastfeeding support after delivery, support groups, and referrals to community resources including portable cribs (Pack and Play)
- Eligibility: African, African American, Black women who are pregnant through baby's first year
- 240-777-1833
- <https://aahpmontgomerycounty.org/maternal-and-child-health/>

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Parenting Youth

Generation Hope

Scholar Program: Provides teen parents with mentoring, tuition assistance, a peer community and other vital, wrap-around services to help them earn their degrees.

- Scholars who have children under 6 are also eligible for Next Generation Academy.
- Scholars receive trainings on topics such as life balance and academic planning, as well as free tutoring, mental health supports, and career preparation.
- Scholars have access to family-friendly events and our annual Hope Conference, which provides life and career advice from experts within the community.

Next Generation Academy: Early childhood program provides robust literacy, academic and social-emotional supports so that the children of Scholars enter kindergarten ready to thrive.

- A Hope Coach: Home visiting and case management. Early literacy support—culturally-relevant, age-appropriate books to every monthly home visit.
- Mental health support: provide free virtual support – both individual sessions and group sessions for Scholars and their children.
- A Resource Family: matched with a family in the community who can support you with resources and connections to assist with family needs.
- Childcare support: Scholars receive up to \$200 per month towards enrolling their child in high-quality childcare or other enrichment activities.

- Eligibility: Teen parents up to age 20 who reside within 50 miles of DC and are FAFSFA eligible
- More information: <https://www.generationhope.org/scholar-program/#next-gen>

Healthy Generations Program

- Family-centered healthcare for teen parents and their children provided at the Children's Health Centers at Anacostia, Columbia Heights, Shaw Metro, and THEARC.
- Newborn care, well-child physicals, immunizations, developmental assessments, breastfeeding support, case management, family planning and birth control services, gynecologic care and prescription refills.
- Additional Services: Diapers distributed at every well child visit, Parenting support, Connections to school-based services like WIC and breastfeeding support.
- Eligibility: Enroll young parents up to 19 years old and younger, services continue through age 21. Accepts DC and Maryland Medicaid.
- 202-436-3072
- Referral form: https://childrensnational.formstack.com/forms/healthy_generations
- <https://childrensnational.org/departments/healthy-generations-program>

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Information for Fathers

- Postpartum Support International: <https://www.postpartum.net/get-help/help-for-dads/>
- Postpartum Health Alliance: <https://postpartumhealthalliance.org/get-help-for-dads/>
- Advice for new dad's- Videos & interviews: <https://www.menexcel.com/advice-for-new-dads/>
- Postpartum Dads: <http://postpartumdads.org/>
- Postpartum Stress Center: <https://postpartumstress.com/for-families/a-note-to-dads/>
- Therapy for Black Men: <https://therapyforblackmen.org/blog/postpartum-depression-in-men-is-real/>

Support for Fathers

Breastfeeding Center of Greater Washington

- New Dads Group led by therapist and dad Adam Angel
- This group is most helpful for dads who would like to meet and connect with other new dads, want a space to talk to other dads about parenting methods or want a space to talk to about how to communicate with partners and co-parents
- 10 session weekly group for first-time dads with babies 0-1yr old. \$23/session, capped at 10 attendees.
- Register: <https://www.breastfeedingcenter.org/classcalendar>

Chats for Dads

- This is a place where dads, partners, extended family members or other support people, and professionals can find some answers and support from an expert – and from other men. Honest and compassionate talk about the adjustment to parenthood, and some advice.
- Chat Number: 1-800-944-8766
Participant Code: 73162#
- More Info: <https://www.postpartum.net/get-help/chat-with-an-expert-for-dads/>

Hand to Hold: NICU Dads

- The NICU Dads group is a safe place for all NICU dads to share their personal NICU experiences.
- This group is for current and NICU graduate fathers and offers open discussion, as well as topics relevant to shared experiences: <https://www.facebook.com/groups/NICUdads/>
- Podcast: <https://handtohold.org/resourcespodcasts/nicu-dad-discussions/>

New Dads Bootcamp Boot Camp for New Dads®

- Paid father-to-father, community-based workshop to support fathers to become confidently engaged with their infants, support their co-parenting partner and personally navigate their transformation into dads.
- <https://www.bootcampfornewdads.org/>

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Support for Fathers

Postpartum Support International Dad Support Group

- Free online space for fathers to connect and gain practical tips from managing stress, adjusting to parenting, Daddy Blues or trying to figure out how best to support your partner.
- First Friday of the month at 10 a.m.
- Third Friday of the month at 8:30 p.m.
- Register: <https://www.postpartum.net/get-help/psi-online-support-meetings/>

PSI Specialized Coordinators:

- PSI's Specialized Coordinators for Dads provides understanding and support for fathers who are struggling. Not for clinical consultation.
- Juan Irby 980-216-6661 (call or text)
cooldadnow@gmail.com
- Joshua Maze 317-721-1359 (call or text)
joshua.psidads@gmail.com

The Center for Men's Excellence: Basic Training for New Dads

- Register for virtual classes (fee-based):
<https://www.menexcel.com/classes-for-new-parents/>

For more information, please contact the **Department of Family Services-Social Work Services** at 202-476-3070 or visit our resources page by scanning the QR code.

