

Newborn and Infant Support in Virginia

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.

March of Dimes-Compass

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

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>

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.mothers-to-baby.org
- Spanish: <https://mothers-to-baby.org/es/>

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)

Parent Support Line-Fairfax County

- Monday-Friday 8 a.m.-4:30 p.m.
- 703-324-7720

To reach the Children's National Hospital Department of Social Work call **202-476-3070** or visit our website at **childrensnational.org/visit/resources-for-families/family-services/social-work**

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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

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:
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/>

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>

Fairfax County Parenting Education Program

- Free classes that teach positive and effective ways parents can interact with their children at every age and stage of development.
- Classes are offered in English and in Spanish and are based on specific groups, such as age ranges (0-4, 5-11, 12-18) and African American Culturally Focused Parenting Classes
- Virtual or in person classes: <https://www.fairfaxcounty.gov/familyservices/children-youth/parenting-education-programs>

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Parenting Classes

SCAN of Northern Virginia

- Family Coaching Program is for caregivers with children of all ages to build skills (stress management, effective discipline, family rules, etc.), celebrate successes and discuss challenges in a safe environment.
- Participants are paired with a coach for 1–1.5 hour virtual support and guidance sessions over 12 weeks; English and Spanish speaking coaches are available. Services are available on a voluntary participation or court-ordered basis; all services are free.
- 703-820-9001
- Application: <https://scanva.socialsolutionsportal.com/apricot-intake/0bd61948-d5e9-4f98-9f4e-c79efa1289d0>
- <https://scanfamilies.org/family-coaching/>

Home Visiting Programs

Healthy Families

- Provides home-based parenting support and education, developmental screening, case management and referrals to community-based resources.
- Eligibility: Pregnant and parenting families residing in program service areas
- **City of Alexandria:** 571-278-6867 <https://www.nvfs.org/our-services/early-childhood-development/healthy-families/>
- **Arlington County:** 703-944-8501 <https://www.nvfs.org/our-services/early-childhood-development/healthy-families/>
- **Greater Prince William Area:** 703-944-8752 Serves first-time mothers or mothers with first US-born child. <https://www.nvfs.org/our-services/early-childhood-development/healthy-families/>

- **Rappahannock Area:** <http://www.healthyfamiliesrappahannock.org/>
Referral form: <https://docs.google.com/forms/d/e/1FAIpQLSfYledj4Rnrrlq0EBIQNfZAn4K0NFTXrvXDD17B3kZzQFwC7g/viewform>
- **Fairfax County:** 571-340-7012 <https://www.fairfaxcounty.gov/familyservices/children-youth/healthy-families-fairfax>
Referral form: <https://www.fairfaxcounty.gov/familyservices/sites/familyservices/files/assets/childrencyouth/healthy-families-fairfax/pdfs/healthy-families-fairfax-family-resources-service-community-referral-form.pdf>

Nurse-Family Partnership and Maternal and Child Health Field Program

- Public health nurses provide home visiting services to women during and after pregnancy and to infants through the Healthy Families Fairfax program, the Nurse-Family Partnership program and the Health Department's Maternal and Child Health Field Program.
- Postpartum follow up, assessment and support for depression and intimate partner violence, parenting skills and parent-child bonding support and child development delay checks.
- Family Resources Referral Line: 703-246-8450
- Complete and return the Family Resources Service community referral form: <https://www.fairfaxcounty.gov/familyservices/sites/familyservices/files/assets/childrencyouth/healthy-families-fairfax/pdfs/healthy-families-fairfax-family-resources-service-community-referral-form.pdf>
- <https://www.nursefamilypartnership.org/>

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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
- <https://www.generationhope.org/scholar-program/#next-gen>

Second Story for Young Mothers

- Eligibility: Application required, pregnant and parenting youth experiencing homelessness.
- Call 703-280-2162 to learn more or request an application. This phone number is monitored Monday-Friday from 8 a.m.-5 p.m.
- Services: Pregnant and parenting women ages 18-22 are eligible for transitional housing for up to 18 months in townhomes in Fairfax with comprehensive counseling and other services to support independence. Pregnant and parenting women 16-24 who are experiencing homelessness can receive free counseling and support from the program such as case management, budgeting, life skills, parenting education, employment groups and more.
- <https://www.second-story.org/young-mothers/>

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Parenting Youth

Teenage Parenting Program Arlington Public Schools

- Services: Provides parenting coaching, connection to prenatal care and pediatric care, career planning, connection to organizations that provide baby supplies and services, option to enroll baby in onsite licensed Infant Care Center, transportation for parent and baby are provided, and assistance obtaining a childcare subsidy.
- This program focuses on social emotional wellness for pregnant and parenting adolescents through case management support and linkage to resources. The program is based out of the Career Center and discussion with the homeschool counselor or social worker to determine option to transfer or obtain support within the homeschool.
- Eligibility: Pregnant or parenting (birthing person or partner of birthing person) adolescents enrolled in Arlington County Public Schools including Arlington Community High School.
- 703-228-5818
- Program: <https://careercenter.apsva.us/programs/alternatives-for-parenting-teens-program/outreach-office/>
- Infant care center: <https://careercenter.apsva.us/programs/alternatives-for-parenting-teens-program/ipt-infant-care-center/>

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>

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Support for Fathers

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/>

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/>

Village Fathers

- <https://villagefathers.com/>

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Parents of Children with Special Needs

Arlington County Parent Infant Education

- Family-centered program that serves children who have special needs from birth through two years of age. The program helps families work with their children to help them develop to their maximum potential. Services include individual plans for each child for services such as physical therapy, occupational therapy, speech therapy, social work and educational services.
- Eligibility: Arlington County residents with children from birth until 3rd birthday, any child with a suspected developmental delay can be referred, proof of income to determine the fee at time of intake.
- 2110 Washington Blvd., Suite 350, Arlington, VA 22204; ask for the PIE office
- Monday–Friday: 8 a.m.–5 p.m.
- 703-228-1630
- <https://www.arlingtonva.us/Government/Programs/Health/Public-Health/Health-Clinics-and-Services/Parent-Infant-Education-Program-PIE>

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.

