



Handbook for Moms to be in DC Area 2021

By WBGFN moms for WBGFN moms to be

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INTRODUCTION

First of all, welcome to motherhood! It's the most challenging and rewarding job in the world.

There is a lot to read, prepare, learn and buy for this special moment in life. Being away from home, family and one's culture makes it therefore even more challenging.

This handbook was created by moms for moms. All of us moms have struggled a little bit at some stage in this journey to motherhood. We want to let you know that you do not have to do this alone and therefore want to give you the important information that is often not easily accessible.

If you are a first-time mom-to-be and recently relocated to the DC area, this handbook is for you, and even if you are having your third child this handbook can be equally useful to you!

Here you can find information about hospitals, health insurance, doctors and doulas referrals and several tips. Enjoy!

WHERE TO START

What to do if you believe you are pregnant?

A pharmacy pregnancy test does not require a medical prescription. You can easily buy one at any pharmacy.

You can also request a blood test for pregnancy confirmation. For that, you need to visit your primary care doctor or a doctor who is an OBGYN (abbreviation for Obstetrics and Gynecology).

OBGYN

How to choose an OBGYN?

This choice might be based on your own preference and/or at which hospital you wish to deliver: most important choose a doctor with whom you feel comfortable with.

You can find two types of doctor's offices in DC:

- 1) An office with a team of OBGYNs: in this case you will be assisted by different doctors at each visit (you can try asking for the same doctor during the weekly well-being visit), and at the time of childbirth you may be assisted by the OBGYN on call.
- 2) Solo OBGYN practitioners: if you wish to have the same doctor throughout all your pregnancy and delivery, choose a solo practitioner.

Each OBGYN office in DC works in a specific hospital, so if you wish to deliver at a specific hospital, check with your doctor where he/she delivers.

Good to know:

Most US doctors work 24/7. If you have any health problems (not an emergency), you can call

the office and leave a message and eventually a doctor on call will return your phone call (check if your doctor indeed offers this service). Sometimes the health insurance does not cover hospital's emergency visits if your case was not considered an emergency by the doctor on call.

OBGYN referrals

Foxhall OBGYN (Dr Nicole Prado)

Location: 5215 Loughboro Rd NW #500, Washington, DC, 20016

Delivers at: needs to check

Dr Brendan Burke

Location: 5530 Wisconsin Ave #604, Chevy Chase, MD, 20815

Delivers at: needs to check

Dr Michael Lempel

Location: 500 N Washington St #300, Falls Church, VA, 22046

Delivers at: Inova Fairfax

Dr Malcom de Souza

Location: 4910 Massachusetts Ave NW, Washington, DC, 20016

Delivers at: Sibley hospital

Dr Anita Sikand

Location: 2440 M Street NW, #320, Washington DC, 20037

Location: 611 South Carlin Springs Road #307, Arlington, VA, 22204

Delivers at: Inova Fairfax

Bloom OBGYN

Location: 4001 Brandywine St. NW #300, Washington, DC, 20016

Delivers at: Sibley hospital

Note: They may charge an administrative fee for open a dossier (around U\$100)

Capital Women's Care

Location: 2141 K St NW, #808, Washington DC, 20037

Delivers at: Sibley Hospital

Doctors: Nwankwo Cordelia, Julia Malis,

Note: Some members reported that they have liked the above mentioned doctors but they occasionally had problems with the nurses and administrative staff.

DOULAS

Doula is a training companion (not a healthcare professional but trained and certified professional) who offers support to the mom and the family before, during and after the delivery. The doula's role is to help the client feel safe and comfortable, complementing the role of the healthcare professionals who provide the client's medical care.

A doula cannot administer medication or give medical advice, but a birth doula can provide support during childbirth, increasing the likelihood of a vaginal birth (rather than a Cesarean delivery), decreasing the need for pain medication during labor and improving the perception of the birthing experience.

Some doulas offer a postpartum service, where they help during the first days at home with newborn and maternal care, such as breastfeeding, meal preparation, baby laundry, making sure sleep and rest is ample for baby and mom, etc.

You can find more information here: <https://www.dona.org/what-is-a-doula/>

Doulas referrals

Nathalie Grolleman

Website: www.doulanathalie.com

Phone number: +1 (202) 279-1089

Note: Certified birth and postpartum doula in the DMV area.

Kaely Harrod

Website: www.harroddoulaservices.com

E-mail: kaely@harroddoulaservices.com

Phone number: +1 (202) 670-2007

Note: Certified birth and postpartum doula in the DMV area, bilingual in Spanish and English.

DC birth doulas

Website: <http://dcbirthdoulas.com>

Phone number: +1 (301) 338-8143

Note: Group practice

CHILDBIRTH OPTIONS

Most doctors in the US recommend a vaginal birth and therefore a Caesarean delivery is only performed if one has grounds for medical reasons.

For a vaginal delivery you can have the option of having an epidural anesthesia procedure, which you should discuss with your doctor beforehand.

Natural childbirth is gaining popularity. When choosing this option, there are no medical interventions or invasive therapies involved and the process takes place in the most natural manner possible. This is mostly a personal choice. The delivery can take place at the hospital or even at home, with all preparations done beforehand.

Prenatal Screening tests

Prenatal screening tests cover a variety of testing your doctor may recommend, such as a routine ultrasound and a glucose intolerance test. Other tests you may choose to have during pregnancy, can be:

- 1) Carrier Screen (optional)
This test looks at your DNA for specific genetic conditions that could affect your child (ren) such as Cystic Fibrosis and other developmental concerns.
- 2) Prelude prenatal screen (optional)
It detects certain chromosome conditions such as Down's Syndrome during one's pregnancy.

These are all non-invasive tests that can be done around 10 weeks of pregnancy and the gender test is included. Most health insurance companies do not cover these tests (they are elective and therefore expensive), but some members received coverage by Aetna i.e. when they asked for reimbursement. It might be worth checking with Aetna before you decide to go ahead with the tests.

Get in touch with other moms

Facebook

Facebook has several local pages targeted to families/parents to gather general information such as doctor's referrals, nannies, schools buying and selling baby gear, and also things to do during the holidays. For example: [Washington DC Area Mom](#), [Bethesda Rockville Potomac Moms](#), etc.

Another interesting Facebook page is the local [Buy Nothing projects](#), where families exchange babies' and kids' things for free.

WBGFN Moms and moms to be group

It is a WhatsApp group where moms can share their experiences and ask for advice. To be added, get in contact with the member Aline Maluhy:

+1 (202) 758-5811

amaluhy@gmail.com

DC HOSPITALS

Washington DC has several hospitals, but not all of them offer maternity services.

You can schedule a hospital tour by first visiting their website and checking out their amenities, regulations and services and then making an appointment with their maternity department.

Most hospitals also offer paid classes for childbirth, CPR and newborn care. These classes are not covered by Aetna. Once you decide on the hospital, make sure to contact the hospital and register in advance for labor.

SIBLEY MEMORIAL HOSPITAL

Location: 255 Loughboro Rd NW, Washington, DC, 20016

Note: This is one of the well-known hospitals where they have a good OBGYN maternity ward. In order to be admitted here, one needs to find a doctor affiliated with this hospital. From the last update we learned that this hospital does not accept high risk pregnancies or early labor (before 32 weeks). It is important therefore to check this in advance with your doctor or with the hospital itself.

INOVA FAIRFAX (CHILDBIRTH AT INOVA WOMEN'S HOSPITAL)

Location: 3300 Gallows Road, Falls Church, VA, 22003

Note: This hospital has a maternity center separated from the regular hospital emergency. It has a good reputation for baby ICUs and also for high risk pregnancies. This is a well-known hospital, in the Virginia's suburbs, outside Washington DC.

VIRGINIA HOSPITAL CENTER

Location: 1701 N George Mason Drive, Arlington, VA, 22205

Note: This is another option in Virginia. Few members delivered here, but members gave favorable recommendations to this hospital.

GEORGE WASHINGTON HOSPITAL

Location: 900 23rd St NW, Washington, DC, 20037

Note: It has several associated OBGYNs and offers a midwife service. This is the hospital for general emergencies in Washington DC North West, and therefore very busy. It is worth checking the ratings and recommendations of this hospital before deciding to deliver here.

MEDSTAR WASHINGTON HOSPITAL CENTER

Location: 10 Irving St NW, Washington, DC, 20310

Note: There are several highly recommended Medstar doctors' offices in the DMV area. However only a few WBGFN members had a good experience with this Medstar hospital for pregnancy and delivery services. Therefore, we urge you to check out the ratings and recommendations of this hospital before deciding to deliver here.

HEALTH INSURANCE

Aetna International is the current World Bank insurance provider and it has 3 different types of health plans: A, B and C. Each plan offers different coverages for pregnancy care and delivery. For more information regarding your plan, you can access their website or call them.

Note that Aetna has two websites:

- 1) www.aetnainternational.com – you can submit claims and have access to your member ID, especially if you are overseas (to access your child plan, you should access through the WB staff login).
- 2) www.aetna.com – this is the main website, where you can find the final status of reimbursements, explanation of benefits and Aetna programs. At this website you can register for Maternity support center.
- 3) AETNA phone number for WB staff: +1 202 473-8666. Make sure to have your member number at hand.

Aetna Maternity support center

This program provides resources, support and guidance with experienced nurses to help you through each stage of your pregnancy. They will keep in touch, calling you once a week. Login into the website www.aetna.com, access “Health and wellness”, and enroll.

AETNA Informed Health line 24/7 nurse: 800-556-1555

HR newborn register

Once your baby is born, he/she will be automatically included in the mom’s health insurance for 30 days. During this period, you can register the new born on the WBG’s HR website to create a new health insurance for your newborn.

Breast pump

Did you know that you can have a breast pump for free through Aetna? They have a list of models covered at 100%, one every two years. If you wish a different brand or model, you can purchase it and ask for reimbursement (they have a percentage of coverage around 80%).

<https://www.aetna.com/individuals-families/womens-health/breast-pump-coverage-and-breastfeeding.html>

Lactation consultancy

Most Aetna plans pay 100% for 6 visits per 12 months. Some offices offer home visits with an extra cost (if you have a medical reason for staying at home, you can try to submit your OBGYN referral and ask for reimbursement).

You can have the consultancy before or after your delivery.

Some hospitals offer Lactation Consultant visits after labor and if needed, they also provide breast pump machines to borrow during your stay at the hospital.

Counseling and behavioral coach

Aetna has an online support (by phone) for many mental health issues, such as postpartum depression, this program is called “Able to” and you can request it through Aetna.

www.ableto.com

AT THE HOSPITAL

GET READY: WHAT TO BRING TO THE HOSPITAL?

When you register at the hospital you wish to deliver, they will send you tips for your maternity bag. We recommend to bring additional supplies that can be useful for you:

- Snacks during labor – check with your doctor what he/she recommends
- Heat pillows – it can be useful during labor and most hospitals do not supply these
- Birth ball – if you wish to use one, check if the hospital already offers it and if you are allowed to bring it.
- Baby clothes – for when it is time to bring your newborn home
- Mom’s comfortable and large fitting clothes – after vaginal delivery, your hips can be larger than usual and after C-section, the stitches can be painful.

Money for Birth certificate fee

After your child is born, you need to pay for the birth certificate and the hospitals accept only cash (they do not have change and do not accept checks or cards). Until 2020 the fee was U\$14 for one certificate. We advise you to ask for 2 certificates for insurance purposes. In the most recent update from WB moms in 2021, some hospitals are now accepting credit cards as well.

Car seat installed

In order to be able to bring your newborn home by car, the hospitals require you have a car seat installed. In the DMV area, it is prohibited to drive with a baby without a car seat. The seat needs to be age and weight appropriate.

You can get help regarding the installation of the car seat from the closest fire station near your house, if you do not feel comfortable to install it by yourself.

Good to know

All disposable materials used in your hospital room can be taken home such as ice packs, postpartum underwear, anesthetic sprays, squirt bottles, diapers, etc. Since you have been charged for it and therefore it is yours to take.

BREASTFEEDING CENTERS

The Lactation centers offer free and paid classes for breastfeeding. If you need personal assistance, Aetna covers up to 6 lactation visits per year at 100% coverage.

The Breastfeeding Center for Greater Washington

Location: 1020 19th St NW, Suite 150 Washington, DC, 20036

Note: free classes and specialized lactation store

Good referrals: Heather Evans and Amber

Metropolitan Breastfeeding Center

Location: 4927 Ashburn Ave #100, Bethesda, MD, 20814

Note! One member had a problem with billing. This office charges separately for mom and baby so unfortunately, Aetna does not cover 100% for visits.

WHAT TO BUY AND WHERE?

It is quite common that first time parents buy unnecessary things. For that, it is helpful to talk to other moms and discover what really works or not for babies. In the US it is good practice to buy second hand baby stuff. You can find options at:

Craigslist – a website/App in the US (you can select by region) for selling/buying things.

World Bank Bulletin board – World Bank website for selling/buying used by World Bank staff and spouses only. This is a good and trustworthy site to find houses, cars, furniture, nannies recommendations, and baby items.

Offer up – an App for selling/buying things by region.

Facebook market – a service at Facebook page for selling/buying things (you can find at the market house icon in your Facebook account).

Next door - an App for selling/buying things by region (you need to register first with your US address).

THINGS FOR BABY

Baby register, Gift boxes and Discounts

One good tip is to register your baby shower list (even if you are not having one), at Amazon and Target. They will send you a gift box for free with products for mom and baby, like diaper, bath cloth, pacifier, bottles and coupons and discount codes at maternity and photography stores.

Amazon – go to your account > click on “account&lists” > “Find list or registry” > “Baby registry” > “Create a new baby registry”

Close to your due date, you will receive a gift box for parents and baby valued up to U\$35 (please check if there are any new rules). In addition, you can enjoy a 10% completion discount on most items left on your registry. Prime members receive 15% off. You also have a 365 days to return most items purchased from your registry.

Target – go to the main page and select “registry” at menu > Select “Create a baby registry”

Baby stores in DC

Buybuy baby

Target

Carter's

The children's place

H&M

Old Navy

GAP kids

Janie and Jack

Jacadi

Gymboree (only online)

Macy's

Nordstrom

Amazon

Costco (needs membership)

Pottery barn (furniture and décor)

Ikea (furniture and décor)

Strollers and car seats

This can be a challenge for new moms. Choice of the stroller depends on your lifestyle and needs. It requires a lot of research before buying it. Talk to other moms to receive some help.

But generally you will need a **stroller** and a **car seat**. You can have it all in one, in travel system stroller or separated.

Travel system

It is a stroller with a car seat which can be used in your car and detached to be used in the stroller. This type of car seat usually is used until the baby is 12-18 months old, depending on your baby's size. The benefit of this option is that you don't need to take out the baby from the car seat every time when leaving the car. You can bring the car seat **with** your baby inside.

You can find brands that already have the set for travel system, and also you can buy strollers that have the option to connect with different brands of car seat.

Stroller

You can find many options:

Lightweight, heavy but comfortable, jogging, doubles, full flat, umbrellas (not used for newborn), etc. Some of them, excluding umbrellas, have the option of connecting car seats on it, just needing to check which brand and models are compatible with it.

Convertible car seat

This kind of car seat is not part of a stroller, it is a bigger car seat and can be used beyond 18 months old, usually until 5-6 years old. This car seat expands while your baby grows, therefore it can't be used with the stroller.

Stores in DC

Buybuy baby (they have 20% off discount for first purchase at selected brands)

Nordstrom

Macy's

Amazon

Target

Albee (store located in NY but they sell online with good prices)

Costco (needs membership)

THINGS FOR MOM

Maternity clothes stores in DC

Target

GAP

Amazon

Motherhood

Macy's

A Pea in the Pod

Ingrid & Isabel (online only)

BREASTFEEDING

How to be prepared?

Research shows that **breastfeeding** provides many health benefits for you and your baby. But it also can be difficult to manage **breastfeeding** in today's hurried world. Learning all you can before you give birth can certainly help. The decision to breastfeed is a personal one. As a new mom, you deserve support, no matter how you decide to feed your baby.

Courses

You can find courses about breastfeeding in the Hospital where you will be delivering and in the lactation consultancy centers.

Formula

If your baby will use formula, Similac and Enfamil have discount programs and offer free samples on their website. Most brands offer it. Check out your favorite one.

Most important tip

Be kind to yourself. Breastfeeding can be easy for some moms and really hard for others.

ADDITIONAL WBGFN MOM'S HEALTH TIPS

PRE NATAL

Pregnancy pillows

It can be useful and provide comfort, to sleep well, especially from the middle to the end of pregnancy.

Classes for childbirth and emotional support

You can find plenty of classes in the hospitals that offer maternity service. One member reported a very useful class performed by a nurse called Juliana Parker, from Sibley Hospital:

<https://accel-ob-partners-in-care-llc.teachable.com>

Other mom reported a group called PACE which is an 8-week program that meets once a week (now virtually), led by a professional, focused on the mom recovery and discuss topics like relationships, going back to work, etc:

<https://www.pacemoms.org>

Be active

Be sure to discuss with your doctor before starting.

You can find different kinds of activities to do during pregnancy, such as yoga or Pilates, offered in group or solo programs. These are two known group programs for moms and moms to be and they also have outdoors classes:

- 1) SLAM - Sweat like a mother
www.strollerstrongmoms.com/dcarea
- 2) Fit 4 moms
www.fit4mom.com

Physical therapy

It can help you during and after pregnancy, with pelvic floor rehabilitation and preparation. It can also relieve pain and improve fetal and mother's alignment to ease labor and delivery, accelerating the new mother's recovery after childbirth. Talk to your OBGYN if you believe you need this kind of service. It is covered by Aetna as regular physiotherapy when you have the Primary care doctor referral (always check with Aetna first).

Referrals

Erin Longhurst

NovaCare rehabilitation

Location: 2021 K ST NW, #750 Washington DC, 20037

Sara Black

Bodies in motion

Location: 2800 Eisenhower Ave #105, Alexandria, VA 22314

POSTPARTUM

Contractions during Breastfeeding

Not everyone talks about it, and it is not widely published, but some moms are taken by surprise when experiencing contractions during breastfeeding, right after their delivery. It is completely normal!

Each delivery is different

Many moms mentioned that if you had an easy labor it does not mean that the next one will be the same! So be ready for different experiences.

Irregular sleep patterns

This is the most popular topic postpartum. Moms suggested that you may take turns with your spouse/ partner in caring for your baby during the day or at night, or get help from friends, family and even doulas that offer that kind of service. Take note of this tip: sleep while your baby sleeps!

And eat healthy, drink water and stay happy

PEDIATRICS

Since birth, children are due to be examined by a pediatrician to follow up their development and overall health. It's indicated to choose a specialist **even before giving birth to your child**, since the child's first appointment with the pediatrician happens two days after being checked out from the hospital.

In the US it is possible to make an appointment just to be acquainted with the facility and doctor.

Keep in mind to choose a Pediatrics office that is conveniently located near you, since throughout your little one's life, he or she will be visiting the Pediatrician quite often for shots, development tracks, wellbeing visits, injuries and sickness.

Also make sure to check the office hours and availability; Look out for 24-hour emergency contact, there should be at least a nurse on call at all times with a back-up doctor if needed.

Be sure to ask if the office accepts your health insurance.

Pediatrics Offices Referrals

Spring Valley Pediatrics

Location: 4850 Massachusetts Ave NW, 2nd Floor, Washington, DC 20016

Open: 9 AM to 5 PM Monday-Friday

9 AM to 12 PM Saturdays and Sundays

Pediatric Associates of Alexandria at Potomac Yard

Location: 3600 S Glebe Rd UNIT 150, Arlington, VA 22202 (another location is also available in Alexandria)

Open: 6 AM to 8 PM Monday-Thursday

6 AM to 6 PM on Fridays

8 AM to 12 PM on Saturdays (alternative location)

8 AM to 12 PM on Sundays

Chevy Chase Pediatrics Center

Location: 5225 Connecticut Ave NW, STE 103, Washington DC 20015

Open: 9 AM to 5 PM Monday-Friday

9 AM to 12 PM on Saturdays

Next Generation Pediatrics

Location: 8324 Woodmont Ave, Bethesda, MD 20814

Open: 8:30 AM to 5 PM Monday-Friday

9 AM to 12 PM on Saturdays

DAYCARE AND PRESCHOOLS OPTIONS IN DC AREA

This is a starting list of a few local daycare facilities and preschools to help ease the decision-making process.

Wait lists are very common on daycares, charter and public schools in the DC area. So, if you are planning on registering your child on a good childcare facility, it's important to research the best fit for your family early on.

Whether you decide for a Center-based or Home-based child development facility, in this area it can be costly. In order to adjust your family needs and budget, inquire about prices fluctuations when care is available in a full week, partial week, full day or single-shifts formats.

Daycare Referrals

World Bank Children's Center (kindercare.com)

Location: 1818 H St, Washington, DC 20433

Ages: 2 months to 5 years

Open: 7:45 AM to 6:15 PM, Monday-Friday

Children's Creative Learning Center at The World Bank

Location: 1225 Connecticut AVE, Washington DC 20036

Ages: 0 months to 5 years

Open: 7:45 AM to 6:30 PM, Monday-Friday

Bright Horizons (DMV)

Location: 1111 Pennsylvania Avenue NW, Washington DC 20004 (Other locations available in the DMV area)

Ages: 6 weeks to 5 years

Open: 7:30 AM to 6:00 PM, Monday-Friday

Early Preschool Referrals

Kiddie Academy

Location: 1227 25th St NW Suite 101, Washington, DC 20037

Ages: 6 weeks to 5 years (Early Preschool program starts at the age of 2)

Open: 7:30 AM to 6:30 PM, Monday-Friday

School For Friends

Location: 2201 P St NW, Washington, DC 20037

Ages: 18 months to 5 years

Open: 8 AM to 5:45 PM, Monday-Friday

Primrose School of Downtown Bethesda

Location: 8101 Glenbrook Rd, Bethesda, MD 20814 (Other locations available in the DMV area)

Ages: 6 weeks to 5 years (Early Preschool program starts at the age of 2)

Open: 7 AM to 6 PM, Monday-Friday

Full Circle Montessori School

Location: 870 S Greenbrier St, Arlington, VA 22204 (Other locations available in Arlington)

Ages: 15 months to 12 years

Open: 8:30 AM to 12 PM, Monday-Friday (School time for Early preschool only)

EXTRA REFERRALS

PHOTOGRAPHERS EXPERIENCED IN PREGNANCY/FAMILY PICTURES

Caroline Ortlieb

Instagram: @carolino_photography

Kimberly Goldwein

Website: www.kimberlygoldwein.com

Jessica Burdge

Website: www.jessicaburdgephotography.com

Note: organic pictures

Maria

Website: <http://alamophotography.bigcartel.com>

Note: Romantic/Classical pictures

Michele Marques

Website: <http://michelemarques.com.br>

Instagram: @michelemarquesfamily

Note: speaks Portuguese and English

Anna Aslund

Website: <http://g.co/kgs/qMH2Hg>

Tina

www.tinakraftsphotography.com

Note: rewarded photographer

BABY EAR PIERCINGS

This may sound weird if your culture does not have this practice, but for some moms who wish to do it soon, it can be quite difficult to do so in the US.

To do ear piercing in DC, you should look for a pediatrician who offers this, but it can be expensive (around U\$150 – 400).

You can also find piercing's stores in the malls. A store called Claire's does ear piercing, but doctors do not recommend it, since employees of such stores often lack training and do not follow the required sanitization procedures for baby ear piercing.

NANNIES

You can find references in the WhatsApp WBGFN Moms group, Telegram WBGFN Buddies group and on the World Bank Bulletin board.

BABY ACTIVITIES

Library (Free)

Washington, Virginia and Maryland have several libraries around the city. Membership is completely free. You will probably find one close to your home. Most libraries have kid's activities, such as story time and music. Check their websites. They offer many other resources and offer an app to borrow books virtually.

You can find a list of public libraries in DC here:

<https://www.dclibrary.org/>

If you live in DC, you can register to get a free baby book a month at home here:

<https://www.dclibrary.org/BooksFromBirth>

You can find a list of public libraries in Montgomery County MD and Virginia here:

<https://www.montgomerycountymd.gov/library/>

<https://www.virginiapubliclibrary.info/>

Parks and recreation facilities

DC: <https://dpr.dc.gov/page/parks-and-recreation-facilities>

MD: <https://www.montgomerycountymd.gov/rec/facilities/recreationcenters/>

VA: <https://www.fairfaxcountyed.org/living-here/parks-and-recreation/>

CORD BLOOD AND CORD TISSUE BANKING

By collecting and securing their baby's Cord blood and Cord Tissue, families make sure to have a source of stem cells to potentially use for medical proposes in the future. If it is your family decision to opt for private banking, it's advised to coordinate with your biobank in advance, since a collecting kit should be sent to you prior to your delivery.

There are three options to store baby's cord blood and tissue:

Public Cord Banks: Don't charge anything for storage. Any donation made is available for any patient that might need it, or it may also be used for research.

Direct-donation Banks: Are a combination of public and private banks. They store cord blood for public use but also accept donations reserved for families. No fee is charged.

Private Cord Banks: Will store the donated blood and tissue for use by the donor and family members only. A fee is charged for processing and an annual fee for storage.

More Information about Cord blood and tissue banking and donations:

www.bloodstemcell.hrsa.gov

Private Banking Referral

CBR: cordblood.com

ViaCord: viacord.com

Cryo-Cell: cryo-cell.com

GOOD TO KNOW

Will

The most important reason you need a Will is to designate a guardian for your children and someone to take charge of your estate after your death. In many states, if you die without a Legal Will, your estate will be handled by a state-appointed guardian. To draw up a Will is possible to do by yourself with the help of online Wills, but it is recommended to consult with a lawyer, especially if you are a G-4 visa holder.

DIY Wills:

Visit: <https://www.thebalance.com/best-online-will-makers-4580500>

Breastfeeding state laws

If you are not sure about what is legal or not regarding public breastfeeding, you can find more information here:

<http://www.ncsl.org/research/health/breastfeeding-state-laws.aspx>