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From Parent to Parent: Tips and Resources

PEDIATRICIANS

Remember:

Choose a pediatrician close to your home. Check to make sure your pediatrician takes insurance. Added conveniences at a pediatrician office include: weekend sick hours, a lab on site for blood draws and after-hours call availability. Many offices will meet parents ahead of time to discuss their practice; if desired, schedule this before you deliver.

Pediatricians in DC

Washington Pediatrics Associates 1145 19th St, NW Suite 708 Washington, DC 20036 (202) 955-5625	Spring Valley Pediatrics 4900 Massachusetts Ave, NW Washington, DC 20016 (202) 966-5000 http://springvalleypediatrics.net/	Pullman & Ariza Pediatrics 2440 M St, NW #422 Washington, DC 20036 (202) 466-5350	Children's National 650 Penn. Ave SE Ste C 100 WDC 20003 (202) 833 4543
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Dr. Cheryl Edmonds 4910 Massachusetts Ave, NW #217 Washington, DC 20016 (202) 244-1553	McKnight Pediatrics 106 Irving St, NW # 2300 Washington, DC 20010 (202) 291-6257	Dr. Joan Razi 3537 R St NW Washington, DC 20007 (202) 333-1774	Dr. Dennis Wirt 650 Pennsylvania Ave SE Ste 330 Washington, DC, 20003
Unity Health Care http://www.unityhealthcare.org/	Dr. Nicole Lang 1145 19th St NW Ste 708 WDC 20036 (202) 955-5625	Children's Pediatric Associates 2600 Naylor Rd SE Washington, DC, 20020 (202) 582 6800	Children's Health Center 2501 Good Hope Rd SE Washington, DC, 20020 (202) 476 6900

Pediatricians in Virginia

N. Virginia Pediatric Associates 107 North Virginia Avenue Falls Church, VA 22046 (703) 532-4446	Pediatrics of Arlington 1715 North George Mason Drive #205 Arlington, VA 22205 (703) 522-7300	Capital Areas Pediatrics 407 N. Washington Street Falls Church, VA 22046 (703) 237-5919
Drs. Anez & Bitar 8365 Greensboro Drive #4 McLean, VA 22102 (703) 356-4444	Dr. Russell Libby 3020 Hamaker Ct #200 Fairfax, VA 22031 (703) 573-2432	Pediatric Associates 6355 Walker Lane #401 Alexandria, VA 22310 (703) 924-2100

Pediatricians in Maryland

Friendship Pediatrics 4601 North Park Avenue Chevy Chase, MD 20815 (301) 656-2745	Coleman Pediatrics 11119 Rockville Pike Rockville, MD 20852 (301) 468-9225	Dr. Sandra Takai 19735 Germantown Road #200 Germantown, MD (301) 540-0811
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Next Generation Peds 4927 Auburn Ave #100 Bethesda, MD 20814 (301) 832-6048	Capitol Medical Group 8401 Connecticut Ave. Chevy Chase, MD 20815 (301) 907-3960	Pediatric Assoc of Montgomery Co. 4 locations http://www.pediatric-associates.org/
Bethesda Pediatrics 11325 Seven Locks Rd Ste 238, Potomac, MD 20854 (301) 299-8930	Kenwood Pediatrics 5301 Westbard Circle, Suite 3 Bethesda, Maryland 20816 (301) 654-6303	

CAR SEAT INSPECTIONS

Surprisingly, 75% of car seats are installed incorrectly. Since car accidents are a leading cause of death for children 1 to 13 years old, we want you to be prepared to ensure the safety of your family. **It is mandatory to have a car seat in order to leave the hospital, even in a cab or Uber.** A car seat is an item that you should not purchase secondhand as a car seat integrity and security features cannot be guaranteed. Check for the most convenient location <http://www.safercar.gov/cpsApp/cps/index.htm>

CORD BLOOD BANKING

Cord blood can be collected from your child's umbilical cord following birth. For more information about the benefits of cord blood banking visit RHJN's information page [here](#) or talk to your health care provider.

Public donation bank: must register by 34 weeks. www.cordforlife.com	Family Cord www.info.familycord.com Clinical consultant, Patty Vargas at 800-400- 3430, ext. 3018 or pvgargas@familycord.com	Viacord www.viacord.com Eric Mensh 571 235 6491	CBR www.cordblood.com 888-932-6568
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DOULAS

<p>Claudia Booker 202-236-1764 birthinghandsdc@gmail.com http://www.birthinghands.net</p>	<p>Allison Harris 410-433-1103 Kairo Holistic Healing Arts www.kairosdoulas.com oasishealingarts@starpower.com Metropolitan Doulas http://www.metropolitandoulas.com/</p>	<p>Joan Merle Schaefer 202-360-5840 joan.merle.schaefer@gmail.com http://joanschaefer.com/ Family Ways http://www.family-ways.com/ info@family-ways.com 301-412-2976 Placenta encapsulation, Reiki & more</p>
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RESTAURANTS NEAR SIBLEY HOSPITAL

Jetties Deli multiple locations 202-660-2165 <http://jettiesdc.com/>

Bambu 202-364-3088 www.bambudc.com/ Excellent pad thai, sushi and Thai soups

7th Hill Pizza 202 506 2821 <http://7hpizzapalisades.com/> Monday thru Sunday open till 10pm

Kotobuki Sushi 202 625 9080 www.kotobukiusa.com excellent sushi and price is right.

DC Boathouse 202 362 2628 Very close to Sibley. Great for burgers, chicken kebabs and salads. Great if Dad needs a quick pit stop or send your in-laws here.

BREASTFEEDING SERVICES

<p>Breastfeeding Center Greater Washington http://breastfeedingcenter.org 202-293-5182</p>	<p>Sibley Lactation Services www.sibley.org/lactation/ 202-243-2321 or email sibleylactation@ihmi.edu Can get pump delivered to hospital room</p>	<p>Thrive Breastfeeding http://www.thrivebreastfeeding.com/services/ 202-437-2490</p>
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Metropolitan Breastfeeding http://www.metropolitanbreastfeeding.com/ 301-943-9293 Hospital grade pump rentals & in home visits. Also has bras, supplements and more for sale	Virginia Hospital Breastfeeding Support 703-558-2468 www.virginiahospitalcenter.com/medical/women/support_groups.aspx	Northern Virginia Lactation Consultants http://nvlcbaby.com 703-643-7290
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Free La Leche meetings in area <http://www.llofmd-de-dc.org/index.html>

The Women’s Place rents hospital grade pumps & will deliver to your home. Accepts FSA payment & can submit to insurance <http://awomansplacedc.com/>

Well Dressed Mamma (610) 563-1740 <http://www.welldressedmamma.com/> Breastfeeding accessory support and in home consultations

POST-PARTUM DEPRESSION GROUPS AND NEW MOM GROUPS

Nest Steps. A class offered by us at Nested LLC. <http://nestedbaby.com/classes/>. Free course.

DMV Perinatal Mental Health Resource <http://www.dmvpmhresourceguide.com/>

Virginia Hospital Center Support groups 703-558-2468

[http://www.virginiahospitalcenter.com/medical/women/mother and baby support groups.aspx](http://www.virginiahospitalcenter.com/medical/women/mother_and_baby_support_groups.aspx)

Petite DC New Mom Groups <http://www.petitedc.com/>

PACE VA 703-829-7152 <http://www.postpartumva.org/>

PACE DC 202-643-7290 <http://postpartumdc.org/>

PACE MD <http://postpartummd.org/>

MCPOM Montgomery Co. Parents of Multiples group <http://www.mcpom.org/> **TWINS**

NVPOM Northern VA Parents of Multiples group <http://www.nvpom.com/> **TWINS**

Yahoo group DC Twins <https://groups.yahoo.com/neo/groups/dctwins/info> **TWINS**

Dr. Dara Thorner, Psychologist 301-606-6421 drthorner@bethesdawomenspsychology.com offers in home

visits & walking therapy

Dr. Parker Kennedy Rea, Clinical Psychologist 202-730-6955 www.pkreapsyd.com

Dr. Barbara Byers, Psychiatrist 5454 Wisconsin Ave, Chevy Chase Village, MD 20815 Phone: (240) 800-4387

Patti Anderson, M.Ed., L.P.C., N.C.C. 202-441-0941 <http://www.dcmindbody.com/about/bio-anderson/>

Julia Caruana, LCMFT (516)-725-5537 therapy for major life transitions parenthood, marriage, postpartum
www.bethesdacounselingservices.com Takes BCBS, Cigna

Find more providers on RHJN's website by clicking [here](#)

MISCELLANEOUS RESOURCES FOR AFTER THE BABY IS HERE

Dr. Andrew Engel, of Reiter, Hill, Johnson & Nevin, is a mohel. He will come to your home to perform a bris.
Email him at: andrewengel@verizon.net

Metropolitan Doulas will come to your home for support: info@metropolitandoulas.com
www.metropolitandoulas.com

Happy Parents, Happy Babies LLC Emily Griffin MSW, LICSW, LCSW-C 202-213-1868.

Will meet in your home or at the hospital and come to you for parenting, couple counseling to transition to parenthood as well as therapy for postpartum depression. <http://www.happyparentshappybabies.com/>

Power Supply Meal Delivery <https://mypowersupply.com/yum/NESTED>

Galley Foods fresh daily delivery service <https://www.galleyfoods.com/>

Hush Hush Little Baby sleep training & newborn care specialists <http://hushhushlittlebaby.com/dc/>

Little Sleepers sleep training or consult during pregnancy by founder Annika Brindley
<http://www.littlesleepers.com/>

Georgina Ortiz- NOVA Cleaning Services, serving DC, VA and MD northernvaccleaninginc@gmail.com 571-316-5430

PHYSICAL THERAPY AND MASSAGE

Physiotherapy Associates VA, DC and MD 202-293-1853. www.physiocorp.com

Sport and Spine Rehab DC, MD, VA 703-890-2222. www.ssrehab.com

ProMotion Physical Therapy VA 703-848-0660. www.pro-motionpt.com
Georgetown Massage & Bodywork <http://georgetownmassageandbodywork.com/>
Atena Galu 202-362-7300 Mommy Facials & waxing services. <http://www.ronperlmanmd.com/medspa/>
Delray Chiropractic and Massage Services www.delraychiropractic.com

Infant Massage:

Georgetown Massage & Bodywork <http://georgetownmassageandbodywork.com/> (202) 215-8062
Falling Leaf Wellness <http://fallingleafwellness.net/services/infant-touch-and-massage> (202) 525-6072
Breathing Space DC <http://breathingspacedc.com/birth-and-baby/infant-massage> (202) 599-0434
Mind Body and Family <http://mbfcommunity.com/infantmassage>

ACUPUNCTURE AND AROMATHERAPY

Acupuncture & Chinese Herbal Medicine 202-783-9404 <http://acupuncture-dc.net/>
Heal from Within Lisa Eaves fertility acupuncture 202-244-2289 <http://heal-from-within.com/>
Trendcare Acupuncture, Dr. Chou 703-829-3536
For certified organic oils safe to ingest & use in labor order here <http://www.mydoterra.com/Nested>

BOOK RECOMMENDATIONS

Baby 411: Clear Answers and Smart Advice for Your Baby's First Year by Ari Brown and Denise Fields

Heading Home with Your Newborn: From Birth to Reality, 2nd Edition by Laura A. Jana and Jennifer Shu

The Happiest Baby on the Block by Harvey Karp

On Becoming Babywise: Giving Your Infant the GIFT of Nighttime Sleep by Gary Ezzo and Robert Bucknam

Maternal-Newborn Nursing Care: Best Evidence-Based Practices by Jamille Nagtalon-Ramos MSN CRNP

The Baby Book, Revised Edition: Everything You Need to Know About Your Baby from Birth to Age Two by William Sears and Martha Sears.

Secrets of the Baby Whisperer by Melinda Blau and Tracy Hogg

The Baby Whisperer Solves All Your Problems by Hogg and Blau

Twelve Hours' Sleep by Twelve Weeks Old: A Step by Step Plan for Baby Sleep Success by Lisa Abidin and Suzy Giordano

Your Amazing Newborn by Klaus and Klaus

The Mind of Your Newborn Baby by Chamberlain

Healthy Sleep Habits, Happy Child by Weissbluth

No Cry Sleep Solutions Gentle Ways to Help your Baby Sleep Through the Night by Pantley & Sears

The New Contented Little Baby: the Simple Secrets of Calm Confident Parenting by Ford

Caring for your Baby and Young Child by the AAP American Academy of Pediatrics

Books Recommended Especially for “Nest Steps” Class

Becoming the Parent You Want To Be by Laura Davis & Janis Keyser

The Birth of a Mother: How the Motherhood Experience Changes You Forever by Daniel Stern, MD

Mothering Without a Map by Kathryn Black

Parenting From the Inside Out by Daniel Siegel, MD & Mary Hartzell, MEd

Beyond the Blues: Understanding and Treating Prenatal and Postpartum Depression & Anxiety by Shoshana Bennett, PhD & Ped Indman, EdM, MFT

Life will Never Be the Same: The Real Mom’s Postpartum Survival Guide by Diane Sanford, PhD & Ann Dunneworld, PhD

Understanding Your Moods When You’re Expecting: Emotions, Mental Health, and Happiness - Before, During, and After Pregnancy by Lucy Puryear, MD

Pregnant Blues: What Every Woman Needs to Know about Depression and Pregnancy by Shaila Kulkarni Misri, MD

ONLINE RESOURCES

Mindfulness Pregnancy App - Provides guided meditations to increase awareness of your body and mind, and that of your surroundings OR <http://www.expectful.com>

Text 4 Baby (text4baby.org) - Sends you personalized messages three times per week, which encompass a broad range of topics.

Postpartum Progress - Widely read blog addressing issues surrounding motherhood and perinatal mood concerns.

The Online PPD Support Group - Provides peer support, awareness, prevention, and treatment option information for perinatal mood disorders around the world.

Postpartum Support International: Provides local contacts and education.

Postpartum.net

Become an advocate and join the **Bluedotproject.org**.

Mindful Motherhood by Dr. Cassandra Vieten → <http://www.mindfulmotherhood.com>

Mindful Childbirth and Parenting by Nancy Bardacke → <http://mindfulbirthing.org>

Mavenclinic.com - Online platform for moms to pay for healthcare over the internet. Fees to speak with a NP/Midwife, Nutritionist, Lactation counselor, Physical Therapist, Medical doctors, and Mental Health Professionals.

Gugu Guru - Online platform to purchase personalized baby products.

Baby2Body.com App - Personalized guidance, inspiration, and motivation for new and expecting moms.

<http://babycenter.com>

<http://mamaqlow.com>

<http://whattoexpect.com>