

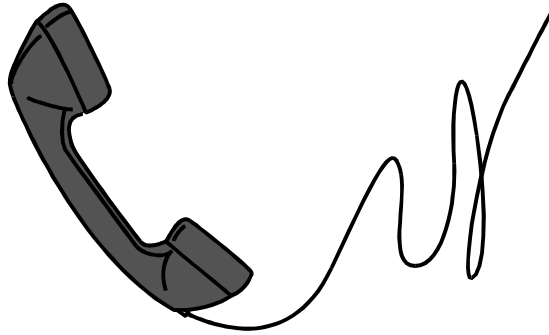


®

healthy mothers, healthy babies

Northern Virginia Coalition

Resource Guide



Health Education

- *Asthma*
- *Baby Care*
- *Babysitting*
- *Birth and Parenting Classes*
- *CPR*
- *Breastfeeding*
- *Exercise and Fitness*
- *First Aid*
- *Grandparents*
- *Growing Into Womanhood*
- *Hospital Tours*
- *Infant Massage*
- *Lamaze*
- *Nutrition*
- *Siblings*
- *Smoking Cessation Classes*
- *Stress Management*



703-204-3366 or 703-208-5615



Breastfeeding

***The Virginia State Breastfeeding Task Force meets quarterly in Richmond.
For more information contact Nancy Pribble at
NPRIBBLE@VDH.STATE.VA.US
804-692-0681***

Helpful Resources:

***LaLeche League 703-960-0568
LaLeche League Helpline for the Metropolitan Washington Area 202-269-4444***

***WIC Program 1-888-942-3663
University of Rochester's Breastfeeding Drug Hotline
716-275-0088***

***Lactation Education Resources
www.LERon-line.com***

***Inova Breastfeeding Services*
Consults, advice, breastpump sales and rental, bra fittings and sales, and teaching
Inova Fairfax Hospital
703-204-6455
Inova Alexandria Hospital
703-504-7867
Inova Fair Oaks Hospital
703-391-3908
Inova Health Source
703-204-5615**

Child Abuse and Neglect

- In Virginia, every **54** minutes a child is abused or neglected.
- Every **2** hours a victim seeks shelter from a domestic violence program but is denied for lack of space.
- Every **10** minutes a victim receives help from a domestic violence program.
- Every **44** minutes, the victim is a child.
- Every 10 days a child dies from abuse or neglect.
- Every **4** days a child under 19 is murdered.

Prevent Child Abuse Virginia 1-800-children
Parents Anonymous Hotline-1-800-841-4314

Parents can share problems and learn tips and coping skills

Childbirth Education



Inova HealthSource

703-204-3366

www.inova.org

Childbirth Solutions

www.childbirthsolutions.com

Children with Special Health Care Needs

The Care Connection for Children

A partner in the Virginia children's special health needs network

The Care Connection for Children, sponsored by the Virginia Department of Health, is a statewide network of regional programs that provides health care services, community support, and resources to children with special health care needs.

Director: Nancy Bullock, 804-786-3693

Local Contact: Katherine Moyer 703-205-2629

Cleft Lip and Palate

To consult with a feeding specialist from The Cranio-facial Program at Inova Fairfax Hospital for Children, please call (703) 698-3592.

Virginia Smiles

A support group for families of children born with a cleft lip and/or cleft palate.

PO Box 2891

Fairfax, VA 22031-2891

703-426-9815

www.virginia-smiles.org (coming soon)

Provides information and support for families and caretakers of children born with a cleft lip and/or cleft palate.

Call 703-426-9815.

Crisis Pregnancy

Birthmothers will provide a non-judgmental mentor to help a woman cope with a crisis pregnancy, with assistance and guidance and no pressure.

BirthMothers

1-877-77BIRTH

703-241-4515

www.birthmothers.org

The Cradle Society

1-800-272-3534

www.cradle.org

This organization provides adoption services ranging from counseling and support to legal information, for birth and adoptive parents.

Cultural Diversity

Center for Multicultural Health Services, Falls Church

703-533-3302

Understanding the Health Culture of Recent Immigrants to the United States: A Cross Cultural Maternal Health Information Catalog

On line at

www.apha.org/ppp/red/

Directory of Human Services for Northern Virginia

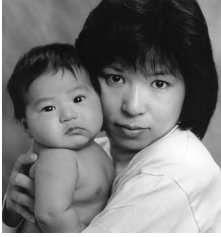
The Northern Virginia Regional Commission brings you the Directory of Human Services in three formats: Disk, Print and a Pocket Edition "Quick Guide"

For more information, call the NVRC at 703-642-0700

www.novaregion.org

Domestic Violence and Sexual Assault Services

Alexandria Domestic Violence Program	703-838-4911
Alexandria Sexual Assault Program	703-683-7273
ACTS-Turning Points: Prince William, Manassas, Manassas Park & Woodbridge	703-221-4951
Prince William Sexual Assault and Victim's Advocacy (SAVAS)	703-368-4141
Arlington Community Temporary Shelter (TACTS)	703-237-0881
Arlington Violence Intervention Program	703-228-4848
Arlington Batterers Intervention Program	703-228-4867
Fairfax County Women's Shelter	703-435-4940
Fairfax Victim's Assistance Network	703-360-7273
Loudoun County Abused Women's Shelter	703-777-6552
Rappahannock Council on Domestic Violence	540-373-9373
Rappahannock Council against Sexual Assault	540-371-1666
Virginia State Hotline	1-800-838-VADV
Ayuda, Resources for immigrant Latina women	202-387-0434



Early Intervention Services

Alexandria Interagency Coordinating Council

Deborah Ann Gibson
517 N. St. Asaph St
Alexandria VA 22314
703-838-5067

Arlington Interagency Coordinating Council

Lynn Ruiz
Arlington DHS
3033 Wilson Blvd # 600B
Arlington, VA 22201
703-228-1630

Fairfax/Falls Church Mental Retardation Services, CSB

Debra Billodeaux
3750 Old Lee Highway
Fairfax, VA 22030
703-246-7191

Loudoun Interagency Coordinating Council

Marilyn Hoexter
102 Heritage Way NE, #305
Leesburg, VA 20176
703-777-0561

Prince William Community Services Board

Patti Seklemian
15941 Cardinal Dr #200
Woodbridge, VA 22191
703-792-4957

Facts about FAMIS
Family Access to Medical Insurance Security P
Virginia's Child Health Coverage Progra



The Family Access to Medical Insurance Security Plan (FAMIS) and Medicaid

Affording health insurance is hard for working families, but now Virginia has low-cost alternatives. They are Virginia's child health coverage programs FAMIS and Medicaid. Both programs provide Comprehensive health insurance for the uninsured children of qualifying families. This insurance covers Doctor visits, hospital visits, vaccinations, prescription medicine, dental care, well-baby check-ups, Emergency care and more...

Applying is easier than ever! A new, single application allows you to apply for either program with one simple application. Many families do not realize they are eligible.

To apply, or for information, contact your local Department of Social Services, or call 1-866-87-FAMIS.

**For Outreach information call Andy Feagans at (804) 786-0166.
Language services available at 1-866-87-FAMIS.**

Grief Counselors and

Support Groups

**Fetal Infant Mortality Review Project
Inova Fairfax Hospital
Debby Byrne
703-204-6778**

**Anne Marie Bezold, LCSW
Mt. Vernon Center
Community Mental Health
8348 Traford Lane
Springfield, VA 22152
703-866-2100**

**Recover Program
William Wendt Center for Loss and Healing
730 11th St. NW
Washington DC
202-624-0010 x 103
202-333-4880**

**Harriet Dolinsky, LCSW
11363 Sunset Hills Road
Reston, VA 20190
703-471-0744**

**Emily Graham, Grief Therapist
703-471-2080**

**Cubby LaHood
Isaiah's Choice, MIS in Maryland
301-681-5784**

**Terry Adams, LCSW
The Counseling Center of Fairfax
10470 Armstrong St
Fairfax, VA 22030
703-385-7575 x 16**

**Peter Bloom
703-827-9700**

**Sonja Olsen Bloom
703-780-1533**

**Stephanie Herman
703-734-1808**

**Judy Meade
703-827-9700**

**Ginger Sullivan Schneider
703-528-3533**

**Haven of Northern Virginia
4606 Ravensworth Road, Annandale, VA
703-941-7000**

**March of Dimes
2700 S. Quincy St
Arlington, VA 22206
703-824-0111
www.marchofdimes.com
March of Dimes Resource Center
1-888-modimes**

**Arlington Center for Well Being
3800 N. Fairfax Dr. Arlington
703-522-7710**

**Hospice of Northern Virginia
St. Elizabeth Ann Seton Catholic Church
Lake Ridge
703-392-6707**

**Sarah Shoae, PhD
641 S. Washington St
Alexandria VA 22314
703-683-1155**

**MIS: Miscarriage Infant Death and Stillbirth
Support Group
Meetings in Maryland and Virginia
301-460-6222
703-536-6275**

**Northern Virginia Fetal Infant Mortality Review Project
703-204-6778**

**SIDS Alliance of the Mid-Atlantic
Support Groups
703-933-9100
SIDSAMA@aol.com**

**Compassionate Friends
703-754-8982 or 202-244-1026**

**In Loving Memory
Support Group for Parents with no Living Children
703-435-0608**

**Parent to Parent of Virginia
Dana Yarborough
6 North Sixth St, #403
Richmond VA 23219, 1-888-604-2677
PTP of VA @aol.com**

**SIDELINES, a support network for pregnant women confined to bedrest
540-891-5292**

Spina Bifida Association
202-944-3285

Center for Multicultural Human Services
703-533-3302

For referrals to a licensed clinical social worker, family counselor or psychologist

301-530-4765
202-861-0541
703-273-3658

On-line Grief Resources

www.sids-network.org

An online resource for parents whose babies died from SIDS with links to other infant loss resources

www.cirsl.com/sids

The National SIDS Resource Center

www.compassionatefriends.org

www.penparents.org

www.nationalshareoffice.com

www.parentsplace.com

www.shakenbaby.com

The Shaken Baby Alliance on line support group
1-877-end-sbs

Center for Loss in Multiple Births
www.climb-support.org

Sidelines, a support network for pregnant women on bedrest
540-891-5292
www.sidelines.org

Crossings: Caring for Our Own at Death
An Alternative to Funeral Homes
301-593-5451
www.crossings.net

Centering Corporation
Catalog of Grief Resources
402-553-1200
www.centering.org

Several resource for Post partum depression include:

"Depression After Delivery"

1-800-944-4773

The Counseling Center of Fairfax

703-385-7575

New Web Site and Bereavement Kit from the March of Dimes

The March of Dimes has announced the creation of a new Web site and the availability of bereavement materials for families that have experienced the loss of a baby before or shortly after birth.

The Web site, located at <http://www.modimes.org/loss>, is featured on "Mama", the March of Dimes' online guide to a healthy pregnancy. The Web site offers resources, a personal story about losing a baby, fact sheets, suggestions on saying good-bye, and help for friends and family featuring a special commentary on the "double sorrow" of grandparents.

Bereavement materials are available in English and Spanish, and include information available on the Web site, plus additional resources. The bereavement packet includes

- Booklets entitled "*From Hurt to Healing*" and "*When You're Ready to Try Again*"
- Additional resources covering perinatal loss, genetics and birth defects, and infertility; fact sheets on birth defects, miscarriage, stillbirth, neonatal deaths, and ectopic and molar pregnancy;
- And a keepsake memorial envelope for saving special memories.

There are a limited number of bereavement materials available at no charge for parents or other family members who have experienced the loss of a baby between conception and the first month of life. Health care providers and others interested in purchasing the bereavement materials should call the March of Dimes Fulfillment Center at 800-367-6630 or e-mail bkit@marchofdimes.com

Hispanic Health Helplines

Su Familia: 1-866-783-2645

National Hispanic Prenatal Helpline: 1-800-504-7081

National Hispanic Indoor Air Quality Helpline:

1-800-SALUD-12

HIV Resource Library

Audiotapes, articles, books, Internet access, journals, newsletters, pamphlets and videos

At Inova Juniper Program

2832 Juniper St, Fairfax, VA 22031

703-204-3780

Interpreter Services



The Northern Virginia Area Health Education Center Medical Interpreter Services

The NV AHEC provides a Health Care Interpreter Service, a multilingual, community based program, which supports health care providers by facilitating communication between them and their patients through the provision of qualified health care interpreters

The program offers interpretation in Amharic, Arabic, Cambodian, Farsi, Somali, Spanish, Tigrinya, Urdu and Vietnamese. Interpreters are screened for knowledge of medical terminology and the US health care system as well as language proficiency in English and one or more target languages.

For more information, contact the AHEC at 703-750-3248 or nvahec@aol.com



**March
of Dimes**
Saving babies, together[®]

The mission of the March of Dimes is to improve the health of babies by preventing birth defects and infant mortality

Education and information regarding pregnancy, birth defects, and prematurity

National Capital Area Chapter March of Dimes

Dona Dei, MSN, PNP Director of Program Services

703-824-0111x14

modimesmetrodc.org

www.marchofdimes.com

www.preemieposse.com

March of Dimes Resource Center

Ask any question you may have about pregnancy, and a professional will answer your email or phone call

Askus@marchofdimes.com or 1-888-modimes

Momease

Preparing a new mom for her new life

Momease provides new parents with easy to use innovative products and practical information that enable them to explore the joys, humor and excitement of becoming a parent. Some Momease products are:

- **Mom & Baby Progression Guide**
- **Nutrition at-a-Glance**
- **Healthy Baby Passport**

For a starter kit, or more information about Momease products, Call 1-877-Momease

Email: Calexander@momease.net

Mother & Baby Matters



Mother and Baby Matters is a highly specialized maternal infant care service designed to support mothers and their families during the overwhelming time surrounding childbirth. A professional staff of doulas, registered nurses and lactation consultants provides care. Labor support, postpartum care and family assistance is available

703-620-3323 or 301-495-3394

Mothers First

Supporting Women Making the Transition to At Home Motherhood

www.mothersfirst.org

NEWBORN SCREENING

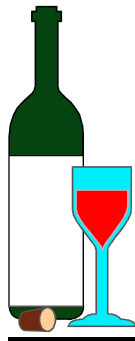
Infants born in Virginia now will be routinely screened for congenital adrenal hyperplasia (CAH), an inherited disorder that can have devastating consequences unless diagnosed within the first two weeks of life. Infants with CAH lack an enzyme needed to make essential hormones necessary for normal growth and development.

Screening for CAH began January 1 as the result of legislation passed by the 2000-2001 Virginia General Assembly. Approximately 20 other states screen for CAH.

"If CAH is not detected within the first weeks of life, an infant can develop life-threatening dehydration due to salt in the urine," said Robert B. Stroube, M.D., M.P.H., State Health Commissioner. "We are pleased to see screening begin for this serious but very treatable disorder." CAH affects approximately 1 in 15,000 infants. CAH becomes the eighth inherited disorder for which state law requires newborn testing. A spot of blood is taken from each infant's heel immediately after birth and blotted onto special filter paper. Specialists in the state laboratory in Richmond use the same spot of blood for all eight tests.

In addition to congenital adrenal hyperplasia, newborns in Virginia are tested for Maple syrup urine disease, galactosemia, phenylketonuria (PKU), homocystinuria, hypothyroidism, biotinidase deficiency and hemoglobinopathies, which includes sickle cell disease.

For more information on these disorders or the Virginia Department of Health's Newborn Screening Program, Call (804) 371-8836.

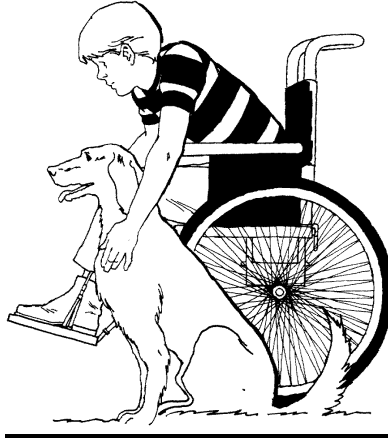


National Organization on Fetal Alcohol Syndrome

NOFAS is committed to raising public awareness of Fetal Alcohol syndrome (FAS)—the leading known preventable cause of mental retardation and birth defects—and to developing and implementing innovative ideas in prevention, intervention, education and advocacy in communities throughout the nation.

www.nofas.org

NOFAS
216 G. St., NE
Washington, DC 20002
(202)785-4585



Orthopedic Care

The Shriner's Kena Temple Access to Care for Children in Need

The Shriners are a fraternal organization in the Masonic family of organizations, who operate 19 Orthopedic Children's Hospitals and 3 Burn Children's Hospitals in the United States, Canada and Mexico. The Shriners Hospitals are completely free.

There are no restrictions on what child can be admitted to a Shriners Hospital, other than that the child, up to age 18, needs care that the Shriners Hospital can provide.

The Kena Temple on Arlington Boulevard in Fairfax coordinates referrals to the Shriners Orthopedic Children's Hospital in Philadelphia and operates three vans providing transportation for the approximately 250 local children currently being cared for at the Philadelphia Hospital. The hospital is a three-year-old state of the art children's orthopedic hospital, caring for children with spina bifida, clubfoot, limb deformities, scoliosis and other orthopedic problems.

To refer a child to the Shriners program, the family or a health care provider can call 1-800-237-5055 or 703-573-4202 to request an application.

Pregnant and Parenting Teens



“WE CAN HELP”

A guide to services for youth in Fairfax and Falls Church is available from the Fairfax Partnership for Youth. For a copy, contact 703-324-5171 or www.co.fairfax.Va.us/rim

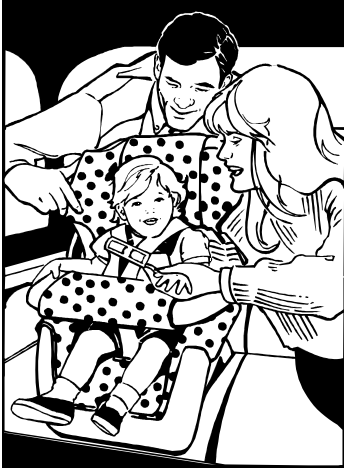
Resource Mothers Programs in Northern Virginia

Alexandria	703-836-2858
Arlington	703-228-1277
Fairfax	703-246-2964
Prince William	703-792-7312
Naomi Project	703-860-2633
Birthmothers	1-877-77birth
MotherNet Loudoun	703-444-4477

Healthy Families Programs

Alexandria	703-370-3223
Arlington	703-769-4600
Fairfax	703-533-2558
Loudoun	703-444-4477
Prince William	703-680-9358

Safe Kids Coalition



Car seat safety and other safety and injury prevention programs

Nancy O'Shea

Inova Fairfax Hospital

703-698-2260



Sudden Infant Death Services of the Mid-Atlantic

- Bereavement Services and support for families who have suffered an infant loss
- Education and training for families and professionals regarding reducing the risk of infant death

2700 S. Quincy St

Arlington VA 22206

Betty Connal, Executive Director 703-933-9100

Email SIDSAMA@aol.com

SMOKING Cessation



The American Legacy Foundation has introduced its new anti-smoking campaign, "Great Start". This initiative, co-sponsored by the American Cancer Society, targets the thousands of women who smoke during their pregnancy.

Great Start is the first national campaign aimed to reduce smoking during pregnancy. The program includes:

- A national toll free telephone "Quitline" offering free counseling sessions for pregnant smokers.
- Counseling in Spanish is also available.
- A national television advertisement campaign with female state leaders delivering the initiative's message.
- An educational booklet for pregnant women which complements the smoking cessation counseling.

The American Legacy Foundation hopes that this campaign will cut the number of pregnant smokers by half. Nearly 426,000 women smoke during pregnancy each year in America, which is 13% of all pregnant women.

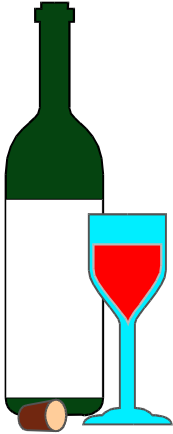
According to the American Legacy Foundation, 18% of women who smoke during pregnancy are between the ages of 15-19, and women who smoke are 70% more likely to have a low birth weight baby.

There is an increase in the risk of health related issues such as miscarriages, stillbirths and premature delivery when a woman smokes during pregnancy.

Because the United States ranks 26th in the world in infant mortality, Great Start aims to create a smoking cessation program that can help save many children.

To learn more about Great Start, visit the American Legacy Foundation at www.americanlegacy.org

For help in kicking the smoking habit, contact Mary Ann Clynick at Inova HealthSource: 703-208-5605



Substance Use

Project Link

Support Program and Resources for substance abusing mothers serving all of Northern Virginia

Provides screening and referral services to women and children who demonstrate at-risk behaviors or have been identified as residing in a high –risk environment

Who is Eligible?

- **Women of childbearing age in Fairfax, Loudoun, prince William, Alexandria, Falls Church City and Fairfax City**
- **Pregnant and post partum women**
- **High-risk families**
- **Women who are pregnant or raising a family and have substance abuse issues**

Services

- **Screenings and referrals**
- **Assistance in obtaining necessary resources**
- **Education and training to clients and health care providers on pregnancy, birth parenting, and substance abuse and at risk behaviors**
- **Collaboration with CPS, Health Departments, Northern Virginia Healthy Families, hospital staff and other social service workers**

Sandi Sale: 703-934-5467

Stacy Mustico 703-934-5330

New Generations

New Generations is a residential treatment program that helps pregnant women mothers with young children stay clean and learn new parenting skills

703-359-7040



Women's Health Line

1-800-311-BABY

Healthy Start runs this hotline. Callers receive referrals to prenatal care providers in their area and get a wealth of useful information on home visiting services, parenting classes, smoking cessation and substance abuse services, as well as Medicaid, food stamps and SSI.

Online Resources



Adoption Resources

www.adoption.com

www.birthmothers.org

The Alan Guttmacher Institute

Family Planning and Population Research

www.agi-usa.org

Alliance of Genetic Support Groups

Fosters awareness of consumer issues, enhances healthcare delivery, and promotes education information and support services

www.geneticalliance.org

American Academy of Pediatrics

www.aap.org

American College of Nurse Midwives

www.midwife.org

American College of Obstetricians and Gynecologists

www.acog.org

American Public Health Association

www.apha.org

ASPO/Lamaze Home Page

www.lamaze-childbirth.com

Association of Reproductive Health Professionals

An interactive website with quizzes: Birth Control and You: Test Your Contraceptive IQ

www.arhp.org

Attention Deficit Disorder

www.oneaddplace.com



www.awhonn.org

BabyCenter

Guidance and gear for new and expectant parents

www.babycenter.com

Birth Connections

Pregnancy and Childbirth Information for Northern Virginia

www.birthconnections.com

Breast Cancer

Online support

www.livingwithit.org

Breastfeeding

www.lalecheleague.org

www.waba.org.br

www.bsreastfeeding.com

www.bscenter.org

Bright Futures

A national initiative dedicated to promoting and improving the health of our nation's children

www.brightfutures.org

Campaign for Our Children

A unique organization using multi-media to prevent adolescent pregnancies

410-576-9015

www.cfoc.org

Child Passenger Safety

www.nhtsa.dot.gov

www.cpsc.gov

www.safekids.org

Child Safety Information

www.paranoidsisters.com

www.ncps.gov

Child Trends

www.cyfc.umn.edu

Childbirth Solutions

Preconception, pregnancy, birth postpartum, dads, Maternatopia

www.childbirthsolutions.com

Children's Defense Fund

www.childrensdefense.org

Civitas

Information for parents, grandparents and professionals on child development, health care, nutrition, child care and play.

www.civitas.org

Congress on the Web

Congressional votes, bill summaries and committee reports for the House and Senate

www.thomas.loc.gov

Annie E. Casey Foundation

KidsCount, USA

www.aecf.org

Consumer Products Safety Commission

www.cpsc.gov

COSSMHO

The National Coalition of Hispanic Health and Human Services Organizations,

www.cossmho.org

Birthmothers: Crisis Pregnancy Support

Birthmother Ministries Provides support to women with crisis pregnancies, whether or not they are planning adoption

Morna Comeau

703-749-1411

www.birthmothers.org

Doula Websites

www.dona.com

www.cappa.net

Doulas4angels

<http://ivillage.com/doulas4angels>

Down Syndrome Health Issues

www.ds-health.com

Families USA

www.familiesusa.org

Fathers

www.npnff.org

www.fatherhood.org

FemmeEd, Inc. "Childbirth to Go"

A childbirth class you can experience in the privacy of your own home 1-877-FemmEd8

Email: FemmEdInc@aol.com

Fitness

www.expectingfitness.com

www.fittodeliver.com

Inova HealthSource

www.inova.org

Folic Acid

www.sbaa.org

www.marchofdimes.com

www.cdc.gov

Future of Children Journal

www.futureofchildren.org

Get Real: Straight Talk on Women's Health

www.womens-health.org

Grief Support

More than 35 email support groups

www.rivendell.org



Healthy Mothers/Healthy Babies Coalition

www.hmhb.org

Immunization

www.immunize.org

www.partnersforimmunization.org

www.Ecbt.org

National Immunization Program of the CDC

www.cdc.gov/nip



Your Source for Health Education

- **Childbirth Classes**
- **Breastfeeding**
- **Parenting**
- **New Moms Groups**
- **Infant Massage**
- **Babysitting**

- **Growing Into Womanhood**
- **Nutrition**
- **Fitness**
- **Stress management**
- **Tobacco Cessation**

www.inova.org

International Childbirth Education Association

www.icea.org



March of Dimes

National Capital Chapter

703-824-0111

www.modimesncac.org

March of Dimes National Birth Defects Foundation

www.marchofdimes.com

www.preemieposse.org

Mental Health, Post Partum Depression

Family Mental Health Foundation: A non-profit organization dedicated to helping people find compassionate care so they do not suffer alone

www.fmfh.org

Mother Friendly Childbirth Coalition

Midwives, physicians, nurses, childbirth educators, doulas and lactation consultants

www.motherfriendly.org

Motherisk

Programs, hotlines and articles on how to have a safe and healthy pregnancy

www.motherisk.org

National Campaign to Prevent Teen Pregnancy

www.teenpregnancy.org

National Center for Education in Maternal and Child Health

- A searchable database of more than 2000 MCH organizations
- Information about upcoming MCH meetings and conferences
- Descriptions of projects supported by the Federal Maternal Child Health Bureau
- Annotated bibliographies on selected MCH subjects
- Downloadable publications
- Links to other MCH organizations

www.ncemch.org

703-524-7802

National Clearinghouse for Alcohol and Drug Information

www.health.org

National Guideline Clearinghouse

A comprehensive electronic database with hundreds of clinical practice guidelines published by public and private sector organizations

www.guideline.gov

National Perinatal Association

www.nationalperinatal.org

Needy Meds

Pharmaceutical programs that provide medications to people who can't afford them

www.needymeds.com

NeoReviews

A new online only review journal for neonatal and perinatal professionals

www.neoreviews.org

Newborn Screening

www.savebabies.org

www.sigmtau.com

Northern Virginia Childbirth Network

www.childbirthnet.org

Office of Minority Health Resource Center

www.omhrc.org

info@omhrc.gov

301-589-0951

Oral Health

www.nidr.nih.gov

www.ada.org

www.aboutsmiles.com

ParentsPlace

A resource site for parents

www.parentsplace.com

A Place to Remember

A website of resources for caregivers, for problem pregnancies, for Premies, and for grief

www.aplacetoremember.com

Prevent Child Abuse Virginia

1-800-children

www.preventchildabuseva.org

Regional Perinatal Council

Virginia Baptist Hospital

www.perinatalfocus.org

RoseBaby.com

Mother and baby health, Lamaze, alternative therapy, etc.

www.Rosebaby.com

Shaken Baby Alliance

www.shakenbaby.com

Shaken Baby Syndrome

www.dontshake.com

Sidelines

A national non-profit network of support chapters for pregnant women on bedrest

www.sidelines.org

Box 1808

Laguna Beach, CA 92652

Single Mothers Support Group

www.singlemothers.org



Smoking Cessation

www.inova.org

www.surgeongeneral.gov/tobacco

www.lungusa.org/tobacco

www.4woman.org

www.smokefreefamilies.org

www.AmericanLegacy.org

www.smokefreevirginia.org

Sudden Infant Death Syndrome

www.sidsalliance.org

www.sids-id-psc.org

State and Local Coalition on Immigration

Immigrant Policy Project

www.ncsl.org/statefed/ipphmpg.htm

Teen Health Web Sites

- Child Trends, Inc.

www.childtrends.org

- Campaign for Our Children www.cfoc.org
- Children, Youth and Family Consortium
www.cfyc.umn.edu
- National Campaign to Prevent Teen Pregnancy
www.teenpregnancy.org

Total Baby Care

www.totalbabycare.com

Virginia Health Information

Information on hospital and nursing homes in Virginia, as well as a list of obstetricians in Virginia

www.vhi.org

804-643-5573

Virginia Vital Statistics

www.vdh.state.va.us/stats/stats

Voices for Virginia's Children

www.vakids.org

When Hello Means Good-bye

Perinatal Loss

Grieving@teleport.com

www.bereavementprograms.org

Women's Health

www.4woman.gov

www.womenshealthvirginia.org

Youth Risk Behavior Surveillance

www.cdc.gov/nccdphp/dash

Listserves

National Center for Education in Maternal Child Health

Mchalert@list.ncemch.org

Child Health Information Project

www.childrensdefense.org/listserve_chip.html

