

MedStar Washington
Hospital Center



**D.C. Safe Babies
Safe Moms.**

MedStar Health prenatal **appointments and services**

Partnering with you before baby arrives.



It's how we **treat people.**



MedStar Health

Transitioning to parenthood or expanding your family is an exciting time, but it can also bring about stress and anxiety as you start to plan for this new chapter in your life.

At MedStar Health Community Pediatrics, we are here to support you as you prepare to bring your baby home and promote healthy development from day one.

Understanding newborn care in the hospital

After your baby is born, your care team will conduct an examination to assess your child's overall health and perform important screenings and preventive care.

If you plan to breastfeed, the hours and days immediately following the birth are crucial for establishing a good start. The newborn care team is available to provide you with support during this time.

They will ask you to provide the contact information for your child's pediatrician so that they can share the baby's medical records.

Before leaving the hospital, please call your pediatrician to schedule a newborn visit. This appointment typically occurs 2-3 days after leaving, but it may be scheduled sooner if closer monitoring is needed.



Checkups at your pediatrician's office

Well-child visits are recommended by the American Academy of Pediatrics to ensure that your baby is growing and developing as expected. The recommended schedule of appointments is listed.

First year schedule:	Newborn, 2 weeks, 1 month, 2 months, 4 months, 6 months, 9 months, 12 months
What they cover:	Growth, development, vaccinations, feeding, sleep, and family well-being
Ongoing care:	Regular checkups help track milestones and keep your child healthy
Sick visits or shorter visits	Can be scheduled in between the well-child visits if you need to see your pediatrician. Always call if you have concerns or questions.

Questions to ask when choosing a pediatrician

After giving birth, there are many important things to focus on, including your recovery and the care of your new baby. This transition can be quite busy, so it's essential to choose a pediatrician before your baby arrives. Here are some important questions to consider when selecting a pediatrician:

- **Location:** Where is the pediatrician's office located? How will you get there with your new baby? Do you have reliable transportation to make the trip?
- **Coverage:** What insurance does the pediatrician accept?
- **Appointments:** How does the office handle appointments? Do they offer same-day or urgent appointments? Are virtual or telehealth appointments available? Will you need to complete any forms or paperwork before making an appointment?
- **Office hours:** What are the office hours? Are there after-hours care options available?
- **Feeding support:** How does the practice support breastfeeding and formula feeding? Does the office provide access to a lactation consultant?
- **Family support:** How does the pediatrician address developmental or behavioral concerns? What support is available for parental mental health and family well-being?
- **Other resources:** Can the pediatrician's office help you connect with additional supportive services that you or your child may need?
- **Schedule a prenatal visit** with the pediatrician you choose. This will allow you to learn more about the practice, understand what to expect, and have any questions answered.

Helpful resources for expecting and new parents



Sharewell **SharewellNow.com**

Parents can create a free SHAREWELL account and once signed up, choose from a plethora of support groups and wellness services. The platforms offer community and support by connecting people through shared lived experiences.



Greater DC Diaper Bank Capital Hill Pregnancy Center **GreaterDCDiaperBank.org/our-programs/diaperhubs**

The Greater DC Diaper Bank supports vulnerable families in Greater DC by collaborating with distribution partners to provide essential baby and hygiene products and expanded access to critical services for families who need them the most.



The DC Safe Sleep Program (DC SSP) | doh **DCHealth.dc.gov/service/dc-safe-sleep-program-dc-ssp**

DC Health is dedicated to reducing Sudden Infant Death Syndrome (SIDS) and other sleep-related infant deaths in the District. Through the DC Safe Sleep Program (DC SSP), residents can receive safe sleep education and portable cribs to help ensure infants sleep safely.



Car Safety Seat Program | ddot **DDOT.dc.gov/freecarseat**

The District Department of Transportation offers a Child Safety Seat Program that provides free booster seats and safety seat guidance to parents of infants and toddlers.



Safe Kids DC | Children's National Hospital **ChildrensNational.org/in-the-community/injury-prevention/safe-kids-dc**

Safe Kids District of Columbia, led by Children's National Medical Center, promotes child safety through programs like car seat checkups, safety workshops, and sports clinics to help prevent injuries.

To schedule a telehealth or in-person prenatal pediatric visit, call MedStar Georgetown University Hospital Division of Community Pediatrics **202-444-8888**

Scan the QR code to visit our website.



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