



What is Safe Babies Safe Moms?

Safe Babies Safe Moms is dedicated to supporting you and your little one—from preconception through pregnancy, delivery, and beyond! We proudly offer a wide range of services, including pediatric care and mental health support, ensuring you have everything you need for a smooth journey.

At Safe Babies Safe Moms, safety means more than just high-quality medical care. It's about creating a trusted, welcoming space where you and your baby are supported physically, emotionally, and socially—so your whole family feels cared for, from planning for pregnancy to parenting.

Safe Babies Safe Moms providers & locations:

- Ob/Gyn Specialty Care Center at MedStar Washington Hospital Center
202-877-7101
- MedStar Health Primary Care at Fort Lincoln
301-699-7700
- Community Pediatrics, MedStar Georgetown University Hospital
202-444-8888
- Community Pediatrics MedStar Health KIDS Mobile Medical Clinic
202-444-8888
- Child and Adolescent Psychiatry, MedStar Georgetown University Hospital
202-944-5400
- Mother-Baby Intensive Outpatient Program MedStar Georgetown University Hospital Outpatient Psychiatry
202-944-5400
- Community of Hope Administrative Offices:
202-407-7747
24-Hour Nurse Advice Line:
202-540-9857

Other questions? Contact the team at **SBSM@medstar.net**

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Welcome to Safe Babies Safe Moms.

We are here to help improve the health and well-being of mothers and babies in Washington D.C.



Safe Babies Safe Moms: Here to support you

Our providers offer expert medical care, trusted guidance, and support to help you and your family achieve the best possible health outcomes. The team will help you and your family:

- Feel supported, secure and safe as you navigate the changes of new parenthood
- Take care of your whole self, including your physical, emotional, and social well-being
- Understand your options and how to navigate the health system
- Connect to social services and other resources to help you and your family thrive
- Understand health information and medical advice
- Ensure communication with your doctors is the best it can be

Our services

- Preconception care, postpartum support and education
- Mental health services
- Breastfeeding support
- Health screenings for mom and baby
- Well-child visits and childhood vaccinations
- Nutrition information
- Free legal services
- Community support services including access to food, diapers, and childcare essentials, transportation services, parental education, and more

Our goal is to make it easier for you to get all the care and support you need to thrive as a parent.



What to expect

We understand that the health of you and your family extends beyond just visits to the doctor. Each family has unique needs, and our services are tailored to support you.

When you meet with your Safe Babies Safe Moms care team, they will start a conversation with you to learn more about your life, your health, and your pregnancy journey, in addition to giving you and/or your baby a medical exam. They may also ask you questions about your mental health or mood.

From there, your Safe Babies Safe Moms care team will help you schedule follow-up appointments for prenatal and postpartum care, as well as legal counseling and mental health care if needed. The team will also help you find your child a pediatrician or family medicine provider and help get you appointments when the time is right.

Our team is here to help you and your family get the care and support you need, every step of the way.



Who is eligible?

Any patient who is pregnant or trying to be, and families of young children in Washington, D.C. We are here to help women from before pregnancy through when your child turns three.

How do I get connected with a Safe Babies Safe Moms provider?

Led by MedStar Health, Safe Babies Safe Moms has care teams across Washington, D.C.

Check out a location near you using the provider list on the back of this brochure.

Visit **MedStarHealth.org/SafeBabiesSafeMoms** for more information or email **SBSM@medstar.net**