



This information is brought to you by the Black Maternal and Infant Health Steering Committee.

**For more information about preparing for pregnancy and resources to help, visit:**

[MyBaby.mwhc.com](http://MyBaby.mwhc.com)

[MossFreeClinic.org](http://MossFreeClinic.org)

[VDH.Virginia.gov/family-planning/](http://VDH.Virginia.gov/family-planning/)

[DSS.Virginia.gov](http://DSS.Virginia.gov)

[Postpartumva.org](http://Postpartumva.org)



**Mary Washington Healthcare**

*Here for You.*



**Lloyd F. Moss Free Clinic**

MEDICAL | DENTAL | PHARMACY

**VDH** VIRGINIA DEPARTMENT OF HEALTH



VIRGINIA DEPARTMENT OF SOCIAL SERVICES



**CardinalCare**  
Virginia's Medicaid Program

# Pregnancy Road Map

Helpful resources and education to prepare for having your new baby

**Apply for Medicaid (if needed).**

Scan the QR code to apply.



**Decide where you will give birth**

– a hospital, at home, a birthing center, etc. Look at your options and decide what feels best for you.

**Choose a doctor or midwife for your pregnancy.**

Make sure the doctor you choose takes your insurance. Medicaid covers a doula in addition to your doctor or midwife.

**Childbirth education and breastfeeding classes.**

Many local hospitals, health departments, and private providers offer free classes. Lactation consultants offer classes if you are thinking about breastfeeding.

**Find a doula.** Medicaid covers doula services. Typically, doula care begins after the first trimester.

Scan the QR code to find a doula near you.



**Plan for after baby is born:** Who is your support system? You might feel sad or anxious after your baby is born. Don't suffer in silence; help is available and you are not alone. Do not hesitate to talk to your doctor or doula about your feelings.

**Choose a pediatrician.** It's important that your baby sees their doctor regularly after birth. Medicaid covers your infant's care too.

**Be aware of the resources available to you.** Your local police departments will provide free car seat checks. WIC is available to assist with food. Safe sleep habits are important. Remember ABC: your baby should sleep **alone**, on their **back**, in their **crib**.

**If you plan to use birth control after your baby is born,** discuss your options with your doctor. You can still get pregnant if you are breastfeeding.

**Make a plan for returning to work:** The Virginia Department of Social Services can assist you with childcare options.



## What is a community doula?

Community-based doulas are trained to give emotional, physical, and helpful advice to pregnant people before and after they have their babies. These doulas understand different cultures and beliefs, so they can give the best care to their clients. They work together with doctors, nurses, and midwives to help families during pregnancy and after the baby is born. Doulas teach families about childbirth, help them understand how to use the healthcare system, speak up for them when needed, and find other helpful resources in the community.

For more information about Virginia's Community Doula Program, visit <https://www.dmas.virginia.gov/for-providers/maternal-and-child-health/community-doula-program/>.



**Doula:** a trained professional who provides expert guidance for the service of others and who supports the mother through pregnancy, childbirth, and the postpartum period.

**Lactation consultant:** a trained nurse who provides breastfeeding education and support.

**Pediatrician:** a doctor specializing in the care of babies and children.