



State Support for the First Thousand Days After Birth

State Spotlight: Virginia

Information current as of December 2025.

1. Care Coordination and Pregnancy Report

1.1 Pregnancy Support

No applicable and/or known programs.

1.2 Care Coordination

No applicable and/or known programs.

1.3 Miscellaneous

No applicable and/or known programs.

2. Women's Health

2.1 Prenatal and Postpartum Medical Care

No applicable and/or known programs.

2.2 Prenatal and Postpartum Support

[Loving Support Through Peer Counseling, Breastfeeding Peer Counselor Program](#)

This program is implemented by the Virginia Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and provides mother-to-mother breastfeeding counseling.

Breastfeeding Laws

[Workplace Accommodations Law](#)

This law prohibits employers from discriminating against breastfeeding mothers and requires employers to provide reasonable accommodations related to breastfeeding upon request.

[Public Breastfeeding Law](#)

This law gives mothers the right to breastfeed in any place she is legally entitled to be.

[Employee Lactation Support Policy](#)

This law requires local school boards to adopt a policy in which a private, non-restroom location in each school is designated as a breastfeeding area for mothers who work for the local school board or are students. The mothers can use this area to breastfeed their child for a reasonable length of time until the child turns one year old.

Evidence-Based Home Visiting Programs

[Early Impact Virginia](#) connects Virginia families with home-visiting programs in the state and maintains a [directory](#) of home-visiting programs.

Federal [Maternal, Infant and Early Childhood Home Visiting Program \(MIECHV\)](#) funds support the state's main home visiting models which aim to support pregnant women and families with children up to age five and help them develop the skills necessary to raise children. Those three home visiting models include:

- [Healthy Families Virginia](#): This is a voluntary home visiting program for expectant and new parents of children up to three months old with life stressors. Life stressors include poverty, unemployment, lack of prenatal care, lack of health insurance, single or teen parenthood, etc. This program provides parents with counseling services and teaches them about healthy child development patterns, discipline tactics, and child-parent interactions.
- [Nurse Family Partnership](#): This home-visiting model is tailored towards first-time mothers and is available from the 28th week of pregnancy until the child turns two years old.
- [Parents as Teachers](#): This home-visiting model is tailored towards pregnant women and women with children (up to five years old). Under this program, enrollees receive between 12 and 24 visits a year depending on the family's needs.

[Healthy Start Loving Steps](#) is a home-visiting program that focuses on serving African American and Hispanic families. Services include risk assessment, screening, care planning, health education, and connections to community resources.

[BabyCare](#) is a visitation program for mothers and babies provided by a registered nurse. The visits can begin during pregnancy and continue until the baby turns two years old. The visits are made at home or at the local health department or at another convenient location. Women must be Medicaid eligible to qualify.

2.3 General Medical Care for Women

[Every Woman's Life \(EWL\)](#)

This program offers free breast and cervical cancer screening services to uninsured, low-income women. The program covers any diagnostics needed to reach a diagnosis. Eligibility requirements for women include meeting all the following requirements:

- Being a Virginia resident.
- Being 18 to 64 years old.
 - o Women ages 18-39 must be symptomatic or determined to be high-risk for breast or cervical cancer to receive a screening from this program.
- Meeting income guidelines.
- Being uninsured

[Project Wish](#)

This program provides Northern Virginia residents with breast and cervical cancer screenings that the EWL program (described above) provides to other eligible women in Virginia. Virginia and the District of Columbia (D.C.) have an agreement that Northern Virginia residents can receive the same screenings as D.C. residents enrolled in the city's Project Wish program, which are standardized across all CDC-funded breast and cervical cancer prevention screening programs in all 50 states.

[Virginia Vaccines for Adults](#)

This program reimburses providers who offer free or reduced-cost vaccines to adults who can't afford to pay for vaccines because they are uninsured or underinsured. Covered vaccines include all of those recommended by the Advisory Committee on Immunization Practices (ACIP) for adults. However, participating Virginia providers are not required to stock all ACIP recommended vaccines for adults.

[Medicaid](#)

Medicaid in Virginia provides health coverage to eligible Virginia residents who meet the income guidelines and are U.S. citizens or have satisfactory immigration status. There are various Medicaid

programs available in Virginia for individuals and families, each with their own additional requirements. [Below](#) are several groups that are eligible for Virginia Medicaid:

- Pregnant women are eligible for full-coverage Medicaid if they meet a family-size limit and their income is at or below 148% of the FPL. [Starting in July 2022](#), postpartum Medicaid coverage for women was extended from 60 days to one year. Examples of covered services include medical visits, dental benefits, behavioral health services, and prescriptions.
 - o If a woman makes too much money to qualify for traditional Medicaid for pregnant women but not enough to pay for private insurance and/or she is a non-immigrant she may be eligible for the Family Access to Medical Insurance Security Plan ([FAMIS](#)). The [FAMIS Prenatal program](#) is for pregnant women who are non-citizens whose income is at or below 205% of the FPL. Postpartum coverage for this program lasts for 60 days. Pregnant women whose income meets the same limits as the FAMIS Prenatal program, but are U.S. citizens or qualified immigrants, may be eligible for the [FAMIS Moms](#) program. Postpartum coverage for this program lasts for 12 months.
- Parents and caretaker relatives: Parents with children (under the age of 19) living in their home who also meet resident, citizenship, and income requirements are eligible for full-coverage Medicaid. This eligibility category in Virginia follows different income limits than most other eligibility categories in that it follows the inflation-adjusted 1996 Aid to Families with Dependent Children (AFDC) income limits.
- EWL and Project Wish enrollees: Those who received cancer diagnoses through Virginia's EWL and Project Wish programs receive Medicaid coverage for their cancer treatments if their income is at or below 250% of the FPL.
- Expansion group: Adults, ages 19-64, whose income is at or below 138% of the FPL are eligible for full-coverage Medicaid. To be eligible, members of this group must not be enrolled in another Medicaid eligibility category or have any other type of private insurance.
- Plan First enrollees: Virginia's Medicaid family planning program, Plan First, is for men and women whose income is 138% of the FPL to 205% of the FPL. This program only covers family planning services such as annual exams, birth-control supplies, and STI testing.

Nonpregnant noncitizens who would otherwise be eligible for Medicaid apart from their citizenship status can receive Medicaid coverage for [emergency services](#).

See section 6.1 for more information on disability-specific Medicaid programs, section 7.2 for child-specific Medicaid programs, section 7.4 for adoption-specific Medicaid programs, and 7.5 for foster care-specific programs.

3. Finances, Work, and Education

3.1 *Help Paying Bills*

Temporary Assistance for Needy Families (TANF)

This program provides monthly cash payments to eligible families to meet their needs. For children to be eligible, they must all meet the following requirements:

- Be under 18 (or 18 if attending a secondary school or equivalent school and meeting school enrollment requirements).
- Be a Virginia resident.
- Be a U.S. citizen or eligible immigrant.
- Be part of a family that needs financial assistance.
- Live with a parent or relative.

There are two short-term benefits that may be offered for those eligible for TANF:

- Diversionary Assistance (DA): This benefit provides one-time emergency or crisis assistance if immediate intervention will prevent an applicant from needing TANF.
- Emergency Assistance (EA): This benefit provides assistance to families with children who have an immediate need such as natural disaster relief or eviction prevention

3.2 *Employment Support*

Virginia Initiative for Education and Work (VIEW) Program

This program helps Virginians learn work skills and achieve economic independence through employment, education, and training opportunities. TANF recipients are required to participate in VIEW.

Full Employment Program (FEP)

This employment program enables participants to attain self-sufficiency through earning a living wage and improving work skills. Participants are hired to work 20 hours or more per week.

3.3 Education and Training

No applicable and/or known programs.

3.4 Financial Advice or Education

No applicable and/or known programs.

4. Material or Legal Support

4.1 Transportation

[Non-Emergency Medicaid Transportation \(NEMT\)](#)

Virginians can schedule non-emergency transportation for Medicaid appointments through the state's Medicaid transportation broker, Modivcare. The [member handbook](#) details how to make reservations and when. Medicaid eligibility and the member's appointment must be verified in order to ride.

4.2 Food and Nutrition

[WIC](#)

This program provides nutrition education, breastfeeding support, and referrals to other welfare services for pregnant women and children under age five. There is a [prescreening](#) for first-time applicants to determine eligibility based on state residency and income.

[The Supplemental Nutrition Assistance Program \(SNAP\)](#)

This program provides assistance to eligible households for buying food items. Applicants must meet [income eligibility requirements](#). Households already enrolled in TANF, Supplemental Security Income, or other assistance programs may be considered categorically eligible.

[Special Nutrition Programs](#)

[National School Lunch Program and School Breakfast Program](#)

These federally funded programs are run by the state and provide needy children with free or reduced-cost breakfast and lunches at participating schools.

- [Afterschool Snack Program \(ASP\)](#): Schools participating in the National School Breakfast or Lunch Programs can sponsor ASP for children who are involved in afterschool activities.

[The Emergency Food Assistance Program \(TEFAP\)](#)

TEFAP is a federally funded program that provides states with 100% American-grown foods that are allocated to participating food banks, pantries, and soup kitchens. Low-income individuals and

families can then go and receive supplemental food boxes from these entities. These supplemental food boxes contain three to five days' worth of food. Monthly income limits apply.

[Child and Adult Care Food Program \(CACFP\)](#)

This federally funded program is run by the state and provides reimbursable meals to childcare centers who take care of children under 13 years of age or adults with disabilities.

[SUN Meals](#)

This federally funded program is run by the state. It provides free meals to children 18 years or younger in participating communities and day camps. This program was formerly known as the Summer Food Service Program.

[SUN Meals To-Go](#)

This program provides the same benefits as the SUN Meals program described above. However, it is for children residing in rural areas of Virginia and operates via pick-up or home delivery programs.

[SUN Bucks Summer Electronic Benefits Transfer \(Summer EBT\)](#)

This program is administered by the state but is funded by the federal government. If students are eligible for this program, they will receive a one-time payment of \$120 to go towards their family's grocery bills during the summer when they lose access to free or low-cost school meals. If a family receives Medicaid, SNAP, TANF benefits or the child receives meals from the National School Lunch Program, the child is automatically eligible for this program.

4.3 Clothing, Household Goods, and Baby Supplies

[Safe Sleep 365](#)

This is a Virginia Department of Social Services initiative that provides information and connects families with resources on safe sleep practices.

[Safe Sleep Program](#)

This is a program in Central Virginia which provides education on safe sleep and free portable cribs to eligible families. To be eligible, a parent or caregiver must not currently have a safe sleeping environment for their baby and must be on public assistance. The baby must be less than six months old, weigh less than 30 pounds, and measure less than 35-inches long. Pregnant mothers who are in their last trimester of pregnancy may also be eligible.

[Child Passenger Safety Program](#)

This is a Central Virginia Department of Health program that provides training on car seat installment and free car seats to eligible individuals. Eligibility requirements include meeting all the following criteria:

- Living in the Central Virginia Health District.

- Meeting income requirements or be currently receiving WIC or Medicaid.
- Having a child under age eight.
 - o Pregnant women in their third trimester are eligible.
- Attend a 90-minute class to receive the free car seat.

Low-Income Safety Seat Program

Virginia provides free safety or booster seats to eligible families while supplies last. Eligibility requirements include meeting all the following requirements:

- Being a Virginia resident
- Being a custodial parent or legal guardian or foster parent
 - o If mother is pregnant, she must be in her third trimester of pregnancy.
- Having a child age seven or younger
- Being income eligible for WIC, SNAP, Medicaid, TANF, or the Family Access to Medical Insurance Security Plan ([FAMIS](#))
- Attending training to learn proper installation and use of the safety seat or booster seat

4.4 Housing, Shelters, and Maternity Homes

Housing Choice Voucher Program

This program assists low-income individuals with affordable housing. Eligibility is based on [HUD income limits](#).

Energy Assistance Program

This program helps low-income households pay for their energy needs, which consists of fuel assistance, crisis assistance, and cooling assistance. To be eligible, household income may not exceed 150% of the FPL. Additional eligibility criteria are necessary for each type of assistance. For crisis assistance, there must be a heating emergency. For fuel assistance, the household must be responsible for heating costs and for cooling assistance, and have one vulnerable individual in the household (an individual above age 60, or who has a disability, or who is a child under age six).

Weatherization Assistance Program (WAP)

This program reduces household energy costs by implementing energy savings measures such as installing ventilation fans, energy efficient lights, and insulation. Household income must not exceed [200% of the FPL](#).

4.5 Legal Support

No applicable and/or known programs.

4.6 Miscellaneous

No applicable and/or known programs.

5. Recovery and Mental Health

5.1 Addiction Recovery

[Quit Now Virginia](#)

This program helps Virginians quit tobacco use through individualized coaching sessions, online group sessions, a text messaging program, and nicotine replacement therapy.

[Vape Free VA](#)

This program provides tips on quitting vaping and support circles. It also provides information for educators and healthcare providers.

5.2 Domestic Violence, Sexual Assault and Trafficking Recovery

No applicable and/or known programs.

5.3 Mental Health

[Mental Health Virginia](#)

This organization operates a [peer-run Warm Line](#) (866-400-6428) offering individualized support from 9am to 9pm Mondays through Fridays and 5pm-9pm on Saturdays and Sundays. Spanish services [are available](#). Mental Health Virginia also offers [training programs](#) such as the [\(Re\)STORE](#) program, which provides trauma-informed training and recovery support for Virginians who have experienced a crime or are recovering from trauma.

5.4 Abortion Recovery and Healing

No applicable and/or known programs.

5.5 Miscellaneous

No applicable and/or known programs.

6. Disability Assistance

Disability-Specific Medicaid Programs

Virginia Medicaid offers Home and Community-Based Services (HCBS) waivers to individuals who require full, comprehensive coverage and additional long-term support services that allow disabled individuals to live at home instead of in a long-term care facility. Virginia HCBS waivers [include](#):

- VA Building Independence Waiver: For those 18 and older with autism, intellectual disabilities, or developmental disabilities that necessitate the level of care provided by an ICF/IID facility. Examples of covered services include the provision of assistive technology, crisis support, and peer mentorship.
- VA Commonwealth Coordinated Care Plus Waiver: For those 65 and older, those with physical or other disabilities ages 0-64 years old, and individuals of any age who are technology dependent and need a hospital or nursing-facility level of care. Examples of covered services include private duty nursing and adult day health care.
- VA Community Living Waiver: For those of any age with autism, intellectual disabilities, or developmental disabilities who need an ICF/IID level of care. Examples of covered services include skilled nursing, private-duty nursing, and crisis support services.
- VA Family and Individual Support Waiver: For those of any age with autism, intellectual disabilities, or developmental disabilities who need an ICF/IID level of care. Examples of covered services include in-home support services, benefits planning services, and skilled nursing services.

[Aged, blind, and disabled adults](#) not enrolled in these waivers can also receive full Medicaid coverage if their income is at or below 80% of the FPL. Those who are employed but have an income at or below 250% of the FPL can enroll in the state's [Medicaid Works](#) program.

Early Intervention Services

The Infant and Toddler Connection of Virginia program provides early intervention services for children ages 0-36 months through referrals to one of forty local systems. Intake or service coordinators at the local level will determine if a child is eligible. A child will be eligible if he or she is developing more slowly or differently than children of a similar age or if he or she has a health condition that may hinder development.

7. Care for Children

7.1 Childcare

[Child Care VA](#)

Child Care VA is a Virginia Department of Education (VDOE) website that provides information and resources on childcare, including a Virginia [childcare locator](#). The VDOE also oversees the [Child Care Subsidy Program](#) which helps low-income families pay for childcare. Children must be under age 13 and unable to attend public school during the day or under age 18 if they have a disability. Eligibility requirements for parents include meeting one or more of the following criteria:

- Currently employed or actively searching for a job, or
- Involved in an education or training program.
- Receiving child protective services.
- Participating in an activity assigned by the Virginia Initiative for Education and Work.
- Participating in a SNAP Employment and Training Program plan of preparation.

All applicants must show documentation for:

- The child's residency status.
- The child's citizenship or legal status in the U.S.
- The child's immunization requirements (as outlined by the State Board of Health) have been met.
- Household income may not exceed the limits of the locality in which the family resides.

7.2 Children's Health Care

[Medicaid for Children](#)

Virginia residents under 19 can qualify for full-coverage Medicaid if they meet citizenship or immigration [requirements](#) as well as income guidelines. The income of all people (such as a legal parent or stepparent) included in "family size" is counted. The income limit for children is at or below 148% of the FPL.

Virginia's Early and Periodic Screening, Diagnostic and Treatment ([EPSDT](#)) benefit provides health coverage for well-child visits and diagnostic screenings for all Medicaid-enrolled children with actual or potential health issues, from birth to age 21. This mandated Medicaid benefit screens children with actual or potential health problems to treat them before they become permanent disabilities. Preventive health services are also available to Medicaid-eligible children under age 21.

[FAMIS](#)

This is Virginia's Children's Health Insurance Program (CHIP). It provides health insurance coverage to children whose families make too much money to qualify for Medicaid but not enough to pay for private insurance. It is for children 18 years and younger who don't have private insurance and are

Virginia residents and U.S. citizens. This program is for children whose family income is at or less than 205% of the FPL.

Newborn Screening Program

This overarching program is composed of separate service programs:

- [Early Hearing Detection and Intervention Program](#): This program screens infants for hearing loss.
- [Dried Blood Spot Newborn Screening Program](#): This program performs dried-blood spot screening tests for newborns 24 to 48 hours after birth.
- [Critical Congenital Heart Disease Program](#): This program provides education on pulse oximetry screening for congenital heart disease.

Virginia Vaccines for Children Program

This is a federal program run at the state level, and it provides participating doctors' offices with free vaccines to administer to resident children under the age of 19 whose families could otherwise not afford to vaccinate their children. Eligibility requirements for children include meeting one or more of the following criteria:

- Being American Indian or Alaska Native.
- Being Medicaid-eligible.
- Being uninsured
- Being underinsured

Virginia Perinatal Hepatitis B Prevention (VPHBP) Program

This program identifies hepatitis B surface antigen positive (HBV) pregnant women as well as their contacts and partners and offers them free testing and vaccine if necessary. A free vaccine is given to babies in the delivery hospital to prevent the spread of HBV from the mother to the newborn.

7.3 Family and Parenting Education

Head Start and Early Head Start

Head Start is an academic, social and emotional development program for children of low-income families. Early Head Start typically serves children from birth to age three and Head Start serves children who are three and four. Children with disabilities and dual language learners are welcome in these programs. To be eligible, household income must be at or below the FPL or the child must be in foster care, experiencing homelessness, or be in a family enrolled in other public assistance programs (e.g. TANF, SNAP, Supplemental Security Income). Local Head Start programs can be located [here](#).

[Families Forward Virginia](#)

This child abuse prevention organization is a result of a merger of Prevent Child Abuse Virginia, CHIP of Virginia, and Early Impact Virginia. The organization coordinates programs related to child abuse prevention such as Circle of Parents, which is a parent support group program and provides information and connections to outside resources for parents and professionals.

7.4 Adoption

[Adoption Assistance](#)

This program provides adoptive families of special needs children with medical and financial assistance. Special needs in this program's context include adoptive children who have experienced abuse, neglect, and loss, membership in a sibling group, membership in a minority group, a medical condition, or disability status. The main types of adoption assistance include:

- Non-recurring adoption expenses.
- Basic maintenance payments.
- Enhanced maintenance payments.
- Special service payments.

[Medicaid](#)

In Virginia, children who receive federal [Title IV-E](#) assistance are automatically enrolled in Medicaid. Those who receive non-Title IV-E assistance (such as state adoption-assistance subsidies) are also enrolled in Virginia Medicaid.

7.5 Foster, Kinship, and Short-term Care

[Fostering Futures](#)

This program allows young adults ages 18 to 21 to continue receiving financial and social support and services from the local department of social services. To be eligible, an individual must have turned 18 while in foster care or while in a Department of Juvenile Justice facility after being in foster care. Eligible individuals must meet all the following requirements:

- Commit to going to school or work
- Continue to work with a foster care worker
- Participating in developing a transition plan
- Attend necessary court hearings and meetings
- Complete the Voluntary Continuing Services and Support Agreement.

[Chafee Program for Successful Transition to Adulthood](#)

This program involves developing a plan to support youth ages 14 and older as they reach adulthood. The plan includes skills and resources needed for adult living.

[Educational and Training Voucher \(ETV\) Program](#)

This federally funded program provides college tuition waivers to those who are in foster care when they turn 18 and those in the state's kinship-guardianship program. Youth can receive up to \$5,000 a year for tuition or other qualified school-related expenses. ETV funds can be accessed for a maximum of five years until the youth's 26th birthday. Other eligibility requirements include:

- Being enrolled in an accredited college or vocational/technical training program and making progress toward completion of their degree.
- Applying annually for the voucher.

[Medicaid](#)

In Virginia, children under the age of 21 who are in foster care are eligible for Medicaid. Similarly, if a child aged out of foster care and was enrolled in Medicaid at the time of aging out, they are eligible for Medicaid until they turn 26 years old.

7.6 Safe Haven and/or Baby Boxes

[Virginia Safe Haven Laws](#)

Virginia's Safe Haven law allows babies to be surrendered up to 30 days after birth to a staff member at a Safe Haven location. Designated locations include a hospital providing 24/7 emergency services, an attended Emergency Medical Services (EMS) agency with medical personnel (e.g. fire station), or a newborn safety device operated by a hospital or EMS service.

Miscellaneous

[Choose Life License Plate Program](#)

In Virginia, \$15 of the \$25 fee for a Choose Life license plate goes to Heartbeat International which then distributes the funds to tax-exempt Virginia pregnancy centers.

This is a non-exhaustive list of programs, current as of January 2026, intended to make information easily accessible to moms and families. Program details are subject to change. Readers should always consult with the appropriate state agency for the most accurate and recent information. The information in this summary is for educational purposes only. CLI does not take a position on the merits of any specific program.

This document was compiled by Mia Steupert, Elyse Gaitan, and Tessa Cox.