

Support for Maine Families with Young Children



or call
1-888-644-1130

CradleME Referral System

CradleME helps connect you with the right homebased services for you and your baby for free. CradleME is a partnership between many programs.



or call
207-287-3991

WIC Nutrition Program

WIC serves pregnant individuals, breastfeeding people, and children up to age 5, including foster children. WIC is complete nutrition care and offers healthy foods, nutrition education, breastfeeding support, and referrals to other services.



or call
1-888-644-1130

Public Health Nursing

Maine CDC Public Health Nurses provide in-home health services for families. All prenatal and postpartum women and all newborns and infants up to 12 months of age may receive a visit from a Public Health Nurse. If you have questions about your health or your baby's health, you may request a nurse at any time by calling the CradleMe number.



or call
1-888-644-1130

MaineMOM

MaineMOM improves care for pregnant and postpartum people with opioid use disorder and their infants by integrating maternal and substance use treatment services. Information about MaineMOM service locations and how to refer to services can be found at MaineMOM.org.

Child Care and Head Start



Choosing childcare will be one of the most important decisions you make. Quality programs offer nurturing care and support early learning, and Maine has resources to help!



The Child Care Affordability Program helps eligible families to pay for childcare so parents can work, go to school, or participate in a job training program. Assistance is also available for eligible families where retired adult(s) are the legal guardian of a child.



Head Start offers free, high-quality early education and comprehensive nutrition, health, mental health, parent/caregiver education, and prenatal support for eligible individuals and families with children birth to age 5.

call
1-855-797-4357

MaineCare

MaineCare is Maine's Medicaid program and provides free or low-cost health insurance to lower income adults, children, pregnant women, older adults, and people with disabilities. MaineCare helps you get the healthcare you need to take care of yourself or your family. You can find more information and apply for MaineCare by going to MyMaineConnection.gov.



or call
207-642-7991

CoverME

Health Coverage for Maine (CoverME.gov) provides information about free and low-cost health insurance options for Maine families. You can also find a directory of local organizations that can help you understand your coverage options and complete an application.



or call
1-833-714-7969

Help Me Grow Maine

Help Me Grow Maine is a central access point designed to connect families of children birth to eight, as well as pregnant caregivers, to information and services about child development as well as community resources. In partnership with 211 Maine, caregivers and providers can contact Help Me Grow for additional support. Help Me Grow will listen, link families to services, and provide follow-up to both caregivers and referral sources.



Maine Families

Maine Families is a statewide network of community teams serving the needs of pregnant women and parents with newborns. Caring and professional home visitors will partner with you to access the information and resources that can support the physical and emotional health of your baby and entire family.



or call
877-770-8883

Early Intervention for ME, 0-3yrs & Free Appropriate Public Education, 3-5yrs

Free and voluntary, starting at birth Maine's Department of Education offers healthy growth and learning programming. Early Intervention for ME, birth to three, provides family-centered, individualized developmental assessments, learning supports and other resources. Young children, ages three to five, benefit from free appropriate public education and related developmental services (Child Development



Plan of Safe Care (POSC)

Maine's Plan of Safe Care is created between a healthcare or social services provider, mother and/or other caregivers, identifying family strengths and needs, beneficial resources, and actions to best support substance-exposed infants and families. A Plan of Safe Care often includes referrals to services or providing contact information to families for their own follow-up.



or call
1-800-698-3624

Children and Youth with Special Health Care Needs

Children and Youth with Special Health Care Needs works with families of children and youth with special health care needs under the age of 22. CYSHCN can guide families and organizations in finding resources to best fit the needs of their child. Staff can navigate families through complex medical systems, connecting them to the care that will achieve the very best possible patient outcome.



or call
207-624-7991

Early Childhood Consultation Partnership

ECCP consultants work together with families, childcare providers, and teachers to support the mental health needs of young children ages 0-8 who have behavioral or emotional concerns at their childcare or school. ECCP services are short-term, voluntary, and free.

To scan the QR codes, open the camera app on your device and point it at the code you want to scan. A link will pop up on the screen — click it to follow to the website.



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