

Referral Services for Families with Young Children



WIC Nutrition Program (WIC)

or call
207-287-3991

WIC serves pregnant women, breastfeeding women, 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.



Children with Special Health Care Needs (CSHN)

or call
800-698-3624

Children with Special Health Care Needs works with families of children with special health care needs under the age of 22. CSHN 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.



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.



Cradle ME Referral System

or call
1-888-644-1130

CradleME helps connect you with the right home-based services for you and your baby for free. CradleME is a partnership between two programs: Public Health Nursing and Maine Families.



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.



Child Development Services/ Early Intervention

or call
877-770-8883

The Child Development Services/Early Intervention system is an Intermediate Educational Unit that provides both Early Intervention (birth through two years) and Free Appropriate Public Education (for ages three through five years) under the supervision of the Maine Department of Education.



Health Coverage for Maine

or call
1-855-797-4357

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.



Head Start/ Early Head Start

or call
207-441-5852

Head Start offers early childhood education for young children whose families meet federal poverty guidelines. Head Start is the federally funded, comprehensive preschool program designed to meet the emotional, social, health, nutritional, and psychological needs of children aged 3 to 5 and their families. It helps develop social competencies in children and promotes self-sufficiency through a comprehensive family-focused approach. The Early Head Start program (established in 1994) is the companion program created to address the same needs of children birth to age 3, expectant mothers, and their families.



Public Health Nursing (PHN)

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.

To scan QR codes, open the camera app on your device. Point it at the QR code you want to scan. Look for the notification banner at the top of the screen – click it to follow to the website.

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