

HELPFUL PHONE NUMBERS

For information and referrals to health and human services

Delaware 2-1-1 including information about services for children and families, such as subsidized childcare, Public Assistance and Medicaid. *Help Me Grow* is part of 2-1-1. Monday-Friday 8:00 am - 8:00 pm. **Dial 2-1-1**

For support and information about parenting challenges

Child, Inc. provides direct services such as shelters, domestic violence treatment programs, and specialized foster care, prevention programs such as parenting classes and assistance for children and their families.

Toll Free (800) 874-2070
New Castle County (302) 762-8989
Domestic Violence Hotline (302) 762-6110
Runaway Youth Hotline (302) 762-6373

Contact - 24-hour helpline for anyone under stress. Trained listeners can offer support and make referrals to community agencies.

New Castle County (302) 761-9100
Kent and Sussex Counties (800) 262-9800
TDD (302) 761-9700

For information about the services available for children with developmental delays and disabilities

Parent Information Center of Delaware identifies community services, helps families solve problems, and offers emotional support. PIC has a library of resources and offers informational workshops.

New Castle County / Toll Free (302) 999-7394 / (888) 547-4412

Delaware Family Voices Family to Family Health Information Center helps families of children with special needs become informed, experienced, and self-sufficient advocates for their children and themselves.

New Castle County / Toll Free (302) 669-3030 / (877) 235-3588

Family Shade provides resources, information and social and emotional support for families of children with special healthcare needs.

Toll Free 1-855-755-7423 (1-855-755-SHADE)

For information about breastfeeding

LaLeche League (800) 525-3243
Breastfeeding Coalition of Delaware (302) 741-2900

For information about immunizations (800) 282-8672

For help in finding a doctor

Medical Society of Delaware
For people with insurance / no insurance (302) 366-1400 / (302) 224-5190

For legal assistance

Community Legal Aid Society, Inc. provides free legal assistance to disabled, low-income, and elderly citizens in civil areas of law. Voice/TTY available in each office.

New Castle County (302) 575-0660
Kent County (302) 674-8500
Sussex County (302) 856-0038

For information on children's evaluations or services related to a developmental delay or disability

Child Development Watch evaluates and coordinates services to young children, birth to age 3.

New Castle County / Toll Free (302) 283-7240 / (800) 671-0050
Kent and Sussex Counties / Toll Free (302) 424-7300 / (800) 752-9393

Child Find is a program, available in all school districts which identifies children three and older who are in need of special services. Call the *Child Find Coordinator* or *Special Education Supervisor* in your District. See the other side for the phone number for your school district.

For help in finding and using child care

Children and Families First
New Castle County (302) 658-5177
Kent and Sussex Counties Toll Free (800) 220-3092

For information about the Women, Infant and Children (WIC) Nutrition Program

WIC Nutrition Program provides participants with nutritious foods and nutrition education. Pregnant, post-partum and breastfeeding women, infants and children up to their fifth birthday are eligible if they qualify.
Toll Free (800) 222-2189

Emergency Phone Numbers

Fire _____ Doctor _____

Police _____ Poison Control (800) 222-1222

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Child Development Watch

Child Development Watch is the statewide early intervention program for children ages birth to age 3. The program's mission is to enhance the development of infants and toddlers with disabilities or developmental delays and to enhance the capacity of their families to meet the needs of their young children.

Parents with children ages birth to age 3 can call Child Development Watch at:

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|-------------------------------|-----------------------|
| New Castle Referral line: | (302) 283-7140 |
| All other inquiries call: | (302) 283-7240 |
| Kent and Sussex Counties CDW: | (302) 424-7300 |
| Statewide toll free | (800) 752-9393 |

Child Find

At the age of three and older, the responsibility for identifying children with developmental delays and providing services to children with special needs is with each of the public school districts. To ask questions about your child's development and how to have your child assessed, contact your local school district. The telephone numbers for the Child Find Services in each school district are listed at right.

Child Find Contact Numbers

| <u>School District</u> | <u>Contact number</u> |
|------------------------|--------------------------------|
| Appoquinimink | (302) 449-4827 |
| Brandywine | (302) 479-2600 |
| Caesar Rodney | (302) 698-4800 |
| Cape Henlopen | (302) 645-6686 |
| Capital | (302) 857-4241 |
| Christina | (302) 454-2047 |
| Colonial | (302) 429-4096 |
| Delmar | (302) 846-9544 |
| Indian River | (302) 436-1000 |
| Lake Forest | (302) 284-3020 ext. 108 |
| Laurel | (302) 875-6105 |
| Milford | (302) 422-1600 |
| Red Clay | (302) 995-8568 |
| Seaford | (302) 629-4587 ext.1630 |
| Smyrna | (302) 653-3135 |
| Woodbridge | (302) 337-7990 |