

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

ContactLifeline - 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

La Leche 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	(302) 366-1400
------------------------------------	-----------------------

For legal assistance

Delaware Volunteer Legal Services, Inc. serves disabled, low income and elderly residents throughout the State of Delaware by providing quality, pro bono legal services. Monday through Thursday from 9 a.m.- 1 p.m.

New Castle County	(302) 478-8850
Kent/Sussex County	(800) 775-0606

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.

(800) 222-2189

Emergency Phone Numbers

Fire _____ Doctor _____

Police _____ Poison Control **(800) 222-1222**

HELPFUL PHONE NUMBERS - Page 2

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:

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) 376-4404
Brandywine	(302) 479-2216
Caesar Rodney	(302) 335-5039
Cape Henlopen	(302) 645-7210
Capital	(302) 857-4241
Christina	(302) 454-2407 ext. 1
Colonial	(302) 429-4088
Delmar	(302) 846-2793
Indian River	(302) 732-1343
Lake Forest	(302) 284-9611 ext. 123
Laurel	(302) 875-6140
Milford	(302) 424-5474
Red Clay	(302) 892-3227
Seaford	(302) 629-4587 ext. 2054
Smyrna	(302) 659-6287
Woodbridge	(302) 349-4539 ext. 200