

Access Guide To Early Childhood Services

for Children and Families Prenatal Through Age 8

The purpose of this guide is to help families and service providers in finding appropriate Maine services for children (prenatal through age 8). Help Me Grow Maine connects families to information and services about child development and community resources. Help Me Grow Maine also offers free developmental screenings.

There are 5 ways to connect to Help Me Grow Maine:

1. Call 211 Maine Option 5
2. Call Help Me Grow Maine's direct line at (207) 624-7969
3. Complete a referral online at helpmegrowmaine.org
4. E-Mail helpmegrow@maine.gov
5. Fax a referral form to (207) 624-7994



2.1.1

Maine



Family/Caregivers

A caregiver is the primary decision maker for a child's healthy development.

Caregivers respond to a child's needs by providing care and seeking additional resources

Seek additional support

OR

Connect with
Help Me Grow
Maine
207-624-7969

OR

Natural Supports:
- Family
- Friends
- Teachers
- Community Partners

Family Support Organization

- 211 Maine:
accessmaine.com
- Community Action Agencies: mecap.org

Maine CDC - Maternal Child Health Programs

- Health Screening Programs
- Children with special health needs



Visit HMG Maine



Visit CDC -MCH

Health Related Services

Families can utilize preventative care services available, including screenings.

Caregivers respond to a child's needs by providing care and seeking additional resources

Pediatric Care
(Primary Care, Dental, Vision, Hearing, etc.)

OR

Connect with
Help Me Grow
Maine
207-624-7969

OR

Behavioral and / or Social-Emotional Concerns

CradleME Referral Service

- Public Health Nursing
- Maine Families
- Early Intervention
- Women, Infants, and Children (WIC)
- MaineMOM

Children's Behavioral Health Services (CBHS)

- Mental Health
- Intellectual Disability
- Developmental Delay
- Autism Spectrum Disorder (ASD)
- Substance Use (SUD)



Visit CradleME



Visit CBHS

Early Intervention

Family-centered developmental supports to promote healthy growth and learning for eligible young children from birth to three years old.

Caregivers respond to a child's needs by providing care and seeking additional resources

Maine Department of Education (DOE)

OR

Connect with
Help Me Grow
Maine
207-624-7969

OR

Private Services

Early Intervention for ME providers are:

- Occupational Therapists (OT)
- Physical Therapists (PT)
- Speech & Language Pathologists (SLP)
- Early Childhood Special Educators
- Social Workers

Medical Referral Needed for:

Physical Therapy (PT)
OR
Occupational Therapy (OT)
OR
Speech & Language Pathology (SLP)
OR
Behavioral Supports



Visit CDS

Child Care & Early Learning

Overview of care and education settings.

Caregivers respond to a child's needs by providing care and seeking additional resources

Connect with
Help Me Grow
Maine
207-624-7969

OR

Decide what type of care and learning setting is best for your child and your family.
childcarechoices.me

Rising Stars

- Licensed child care centers
- YMCA
- Headstarts
- Licensed family child care
- Licensed exempt providers

OR

DOE Early Learning

- Homeschool
- Private school
- Public school

OR

Child Care Options

- Licensed Programs
- Family Nanny
- License Exempt Providers



Visit Rising Stars for ME



Visit DOE



Child Care Choices

Early Care & Education Resources

For families in need of child care, financial support, and support for healthy development.

Caregivers respond to a child's needs by providing care and seeking additional resources

Find licensed programs using the Child Care Choices online resource.
childcarechoices.me

OR

Connect with
Help Me Grow
Maine
207-624-7969

Financial Assistance

- Child Care Affordability Program (CCAP)
- Temporary Assistance for Needy Families (TANF)

OR

Mental Health Consultation

- Early Childhood Consultation Partnership (ECCP)

OR

Special Education & Related Services

- Child Dev. Services - Part B



Visit CCAP



Visit ECCP



Visit CDS