

# 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

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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:

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

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