

Maine Families

Home Visiting program for expectant parents or those with newborns



Maine Families of Washington County offers a variety of free services to help your baby have the best possible start!

Whether you are a first time parent or adding to your family, Maine Families is a great resource for those most important days in your child's life.

Our Home Visitors . . .

- Help you plan for a healthy pregnancy
- Help you know what to expect at each stage of your child's development
- Recognize your child's developmental milestone accomplishments
- Help you navigate day-to-day parenting challenges
- Connect you with community resources
- Provide extra support during times of unexpected challenges



Every parent wants the best for their baby.
Maine Families helps give parents the tools to do that.



Maine Families also offers the following additional services to expectant parents and those with newborns in Washington County.

Car Seat Safety Program

- Free child car seats for income eligible caregivers
- Certified car seat techs who can answer car seat and installation questions

Birthing Basics Childbirth Class

- Monthly childbirth classes that help you know what to expect during labor and delivery led by a certified childbirth educator

Breastfeeding Support

- Certified Lactation Counselors on staff provide phone or in-person support
- Breast Intentions breastfeeding support group

Facilitated Playgroups

- For children 0-3 years old

Special Support for Families With

- High-risk pregnancies
- Children with multiple needs
- Unanticipated complications



**All parents in Washington County deserve a
Maine Families Home Visitor**

Call to sign up or learn more!
255-0481
www.MaineFamiliesWC.org