



PREGNANCY HEALTHCARE RESOURCES

[Medicaid online application](#)

Medicaid provides medical coverage to low-income individuals and families.

[St. Francis/Trinity Health Maternity Services](#)

Saint Francis Hospital provides patients with personal care that caters to mothers' and newborns' unique needs. If you already have insurance (or Medicaid) and want to schedule an OB doctor appointment, do the following:

- Go to OB clinic on 5th floor of medical office building attached to hospital & get a prescription for blood test to verify pregnancy
- Then, go to lab on 3rd floor for blood test
- The next day, call [302-421-4775](tel:302-421-4775) for your test results
- Once you have positive test results, your name will be placed on the nurses' call list. An OB triage nurse will call you to review your health history & schedule an OB appointment.

Hospital office building:

701 North Clayton Street, MOB, Suite 505
Wilmington, Delaware 19805-3165
[302-421-4775](tel:302-421-4775)

[Tiny Steps Program at St. Francis](#)

The Tiny Steps offers complete prenatal and maternity care regardless of financial circumstances or lack of insurance. When accepted into the program, you will have access to services both before your baby is born and throughout their first year of life. Tiny Steps operates out of the Family Practice Center at Saint Francis Hospital and the Center of Hope in Newark. If you think you are pregnant and have financial concerns, please call for an appointment.

[Saint Francis Center of Hope](#)

620 Stanton-Christiana Rd, Suite 302
Metroform Medical Complex
Newark, Delaware 19713
[302-660-7333](tel:302-660-7333)

[Saint Francis Family Practice](#)

701 North Clayton Street

MSB, Suite 200

Wilmington, Delaware 19805

[302-575-8040](tel:302-575-8040)

Services offered include:

- Pregnancy testing and complete prenatal care
- 24-hour emergency care
- Access to the Healthy Mother, Healthy Baby Program
- Childbirth classes
- Care of infant/child and immunization
- Laboratory services
- Financial aid
- Bilingual patient education and services
- Help accessing necessary services and resources available throughout the community

[St. Francis OB/GYN Doctors Office Locations](#)

Multiple OB/GYN practice locations in Wilmington and Newark

[Westside Health We Deliver program](#)

The *We Deliver* program provides comprehensive medical services you need to have a healthy pregnancy and healthy baby and after the baby is born. Social services coordinators can help you get all the resources you need to bring your healthy baby home.

Locations in Bear/New Castle, Newark, Dover, and Wilmington

New Castle County [302-224-6800](tel:302-224-6800)

Kent/Sussex County [302-678-4622](tel:302-678-4622)

[Christiana Care Healthcare Ambassadors](#)

The Health Ambassadors work in targeted high-risk zip codes to connect pregnant women and young families to health care, social services, home visiting and educational programs. The health ambassadors work with community partners including [Henrietta Johnson Medical Center](#), [Saint Francis Healthcare](#), [Westside Family Healthcare](#) and the [Wilmington Hospital Health Center](#).



PREGNANCY HEALTHCARE RESOURCES

[Delaware Health Care Connection](#)

The Health Care Connection (HCC) ensures access by uninsured individuals to primary care doctors, medical specialists, health promotion and disease prevention services; and helps with access to other health resources—including prescription programs, and laboratory and radiology services. HCC program staff are available to assist individuals with establishing a health care home, scheduling appointments, and removing barriers to obtaining healthcare and health promotion services. To inquire about membership or eligibility, call [2-1-1](tel:2121) or [email the program](#).

[Healthy Women, Healthy Babies](#)

A program for women who are Delaware residents. It facilitates extra services for women who are pregnant, planning to be pregnant or who just want to live healthier lives. These include personal health and wellness, nutrition, family planning, mental health, and prenatal care if you get pregnant.

[Smart Start](#)

This program provides in-home prenatal services to Medicaid eligible expectant women. Pregnant women can get help meeting their needs in obtaining social services and nutrition education.

Smart Start:

- Provides answers to questions about pregnancy, delivery and the early days after the birth of the baby.
- Helps expectant women choose the right foods to eat during pregnancy.
- Helps find resources in the community for needs such as housing, utilities, transportation or child care.
- Teaches an understanding of how the body changes during pregnancy and child birth.
- Teaches parenting skills.

[Childbirth and Breastfeeding classes](#)

Saint Francis Hospital's childbirth and breastfeeding classes coach expectant mothers on what to expect during pregnancy and labor as well as advice on how to care for their newborn.

[The Birth Center - Holistic Women's Healthcare](#)

Certified Nurse Midwives provide holistic care to women of all ages. Reproductive Health and counseling, prenatal care, labor and birth, newborn care, normal and problem gynecological care, menopause management and counseling in health maintenance. The CNMs at the Birth Center care for low-risk pregnancies.

620 Churchmans Road, Newark, DE 19702
[302-658-2229](tel:3026582229)

[Central Delaware Community Doula Program](#)

Providing free or low cost Doula support to Black and Brown women who are not able to otherwise afford this necessity which has been shown to reduce the occurrence of unnecessary interventions or complications during pregnancy and childbirth. Services include birth and postpartum support, childbirth and lactation education, support groups, fitness classes, and community events.

[American Pregnancy Association](#)

Have questions about Being Pregnant, how to have a Healthy Pregnancy and how to explore options for an Unplanned Pregnancy? They'll help guide you through every pregnancy possibility.

[Dr. Tiffany Garica - Perinatal Chiropractic Care](#)

Dr. Garcia offers perinatal chiropractic care at First State Health & Wellness
1536 Capitol Trail, Newark, DE 19711
[302-454-1200](tel:3024541200)



PREGNANCY HEALTHCARE RESOURCES

[Prenatal Chiropractic Care at the Birthing Center](#)

Dr. Moses specializes in prenatal, postpartum, and pediatric care.

[302-993-9113](tel:302-993-9113) option 2

[Delaware Smoking Quitline](#)

If you want to quit smoking, the Delaware Division of Public Health offers the Delaware Quitline—a powerful tool to help adult smokers who are ready to kick the habit.

Call toll-free [1-866-409-1858](tel:1-866-409-1858) for counseling by phone or to schedule an appointment to talk in-person. Delaware Quitline also provides an online support service at Quitsupport.com

[Fetal Alcohol Spectrum Disorders](#)

Fetal alcohol spectrum disorders (FASD) are a group of physical or behavioral conditions that can occur in a person whose mother drank alcohol during pregnancy. Alcohol in a pregnant woman's body crosses into the baby's blood, which can damage the developing brain and other organ systems and lead to FASD. They are 100% preventable if a pregnant woman avoids alcohol.

- [Alcohol use during pregnancy](#)
- [National Organization on Fetal Alcohol Syndrome](#)
- In Delaware: [Dial 2-1-1](#) for a variety of preventive and treatment services for expectant mothers, children, and families
- [CDC Fetal Alcohol Spectrum Disorders Information and Resources](#)
- [Fetal Alcohol Syndrome tools for parents and caregivers](#)

[STDs during Pregnancy](#)

Women who are pregnant can become infected with the same STDs as women who are not pregnant which can have harmful health effects on pregnant women, their partners, and their babies.

[STD Information and Resources in Delaware](#)

The Sexually Transmitted Disease (STD) Program provides statewide management and education for the prevention and treatment of sexually transmitted diseases.

[STD Screening Clinics](#) sponsored by the Department of Health.

PEDIATRICIANS

[Advocare Brandywine Pediatrics](#)

3521 Silverside Road
Quillen Building - Suite. 1F
Wilmington, DE 19810

[302-478-2613](tel:302-478-2613)

Currently, seven Board-Certified Pediatricians, four Board-Certified Pediatric Nurse Practitioners, one Certified Physician Assistant, and one Board-Certified Lactation Consultant. An on-site Psychologist works closely with them for shared care of patients. Patients see the same provider and nurses routinely so that they and you receive consistent, personalized, and trusted care and advice.

[Nemours Children's Health, Saint Francis](#)

701 N. Clayton St.
Saint Francis Medical Services Building, Suite 400
Wilmington, DE 19805

[302-421-9700](tel:302-421-9700)

Seeing patients for primary care needs like well-child checkups, sick-child care and immunizations from birth until 18 years old. Offering psychology appointments four days a week. One pediatrician specializes in adolescent medicine and offers those appointments twice a month. Also has a lactation peer counselor for breastfeeding moms. You can call the office anytime, 24/7, to connect with a nurse who can help you manage your child's symptoms.

[Westside Family Healthcare – Pediatrics](#)



PREGNANCY HEALTHCARE RESOURCES

Office locations in Wilmington, New Castle, Newark, Bear, and Dover

[302-224-6800](tel:302-224-6800)

Pediatric medical and dental services are available for infants, children, and teens. Services provided include well-child checks, sick care, physicals, immunizations, dental care to address the physical health of your children. Nutrition consultations, behavioral health counseling, and additional support services address the emotional health of your children. From birth to age 18, children receive compassionate, holistic care to address all areas of wellness, growth, and development.