



Parenting Resources

Cribs

[CRIBS for Kids](#)

Cribs for Kids supports families in need around the nation to obtain a separate safe sleeping space for their baby. To serve communities nationwide, we partner with local agencies to distribute Cribs for Kids Cribette Portable Cribs to their communities.

Referral required. Ask ADOH staff member for one.

[Sleep Safe Academy](#)

Sleep Safe Academy strives to promote awareness about infant sleep safety by providing educational resources to help prevent infant deaths due to accidental suffocation, asphyxia, or undetermined causes during sleep.

Car Seats

[Delaware Car Seat Fitting Station Locations](#)

Locations in Delaware where parents can go to have their child safety seats inspected.

Helpful links for things to know about buying and using car seats:

[Delaware Child Passenger Safety Information](#)

Child car seat safety information

[Securing your most precious cargo](#)

Information on how to have your child safe and secure in a car seat.

[Christiana Care car seat safety](#)

Car seat information and resources

If you need a car seat you may be eligible to earn one through our HOPE Program. Please call the center for more information

Wilmington - 302-998-9000

Middletown - 302-394-9500

*Please note that there may be a waiting list to start the program.

Diaper Banks

[Catholic Charities Diaper Bank](#)

The Diaper Bank helps low-income families keep their young children clean, dry, and healthy by providing 6 diaper distributions each year. Diaper Bank members receive 30 to 60 diapers, depending on supply, and one package of wipes at each distribution.

Any family wishing to join the Diaper Bank must call the Bayard House, 302-654-1184, to schedule an intake appointment. Regular office hours are 8:30 am to 4:30 pm.

[Harper's Heart - Closet of Love](#)

The Closet of Love is a diaper bank and community closet for babies age 0-24 months old to bridge the gap of accessibility of essential resources to families in the community.

Open Tuesday and Thursday from 12pm-7pm, 300 Delaware Ave. Suite 210

Wilmington, DE 19801

Call/Text: 302-669-9302 or

Email harpersheartinfo@yahoo.com

[National Diaper Bank Community Locations](#)

[Neighborhood House, Inc](#)

Designed to assist families and individuals in crisis, helping them meet their immediate basic needs for food, clothing, heat, electricity, diapers, school supplies, and co-pays.

- Wilmington - 1218 B Street, Wilmington, DE 19801
302-658-5404
- Middletown - 811 North Broad Street, Suite 219, Middletown, DE 19709
302-378-7217

Child Development

[CAP4KIDS Early Intervention Resources](#)

Providing early intervention services and support for infants and toddlers with disabilities and developmental delays and their families.

302-255-9134



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[Children's Developmental Milestone Moments](#)

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age. Check the milestones your child has reached at each age.

[Delaware Help Me Grow](#)

Help Me Grow will connect you to help for a healthy pregnancy, screening that will help make sure your child's growth is on track, and support for being the best parent you can be. Help Me Grow helps you get the health and services you need! It's all just a phone call away.

Just dial [2-1-1 for Help Me Grow](#).

[New Castle County Head Start, Inc.](#)

A non-profit organization devoted to promoting the school readiness of children ages birth to 5 years from income-eligible families in New Castle County, Delaware.

256 Chapman Road, Suite 103, Newark
302-452-1500

[New Directions Early Head Start - University of Delaware](#)

Providing pregnant women, infants, toddlers and their families with quality care and family services including both home-based and center-based services.

University of Delaware
321 S. College Avenue, Newark
302-831-0584

[Children & Families First](#)

Helping mothers get the support needed to nurture your child's development, including Head Start and finding child care and programs to help you achieve your personal and parenting goals

302-604-6301 or 800-220-3092

[Fetal Alcohol Spectrum Disorder](#)

Resources and information on Fetal Alcohol Spectrum Disorders (FASD) a group of conditions that can occur in a person who was exposed to alcohol before birth. These effects can include physical problems and problems with behavior and learning.

[National Organization on Fetal Alcohol Syndrome \(FASD\)](#)

Resources and strategies for parents and caregivers of children with fetal alcohol syndrome to help understand their needs and support their progress.

[National Down Syndrome Society](#)

Resources and support for parents and caregivers of children with Down Syndrome
Toll free: 800-221-4602

[Down Syndrome Association of Delaware](#)

Supporting families, promoting community involvement, and encouraging a lifetime of opportunities for people with Down syndrome.
302-995-1004

Parenting Classes

[A Door of Hope Parenting Classes](#)

Talk to your Peer Counselor for a complete list.

[Children and Families First](#)

Your parenting journey begins before your baby is born. It's an important one that you should never have to travel alone. Children & Families First offers three healthy baby programs for expectant parents, child care referral and child care food programs.

- Children & Families First Headquarters
555 Justison Street, Suite 150
Wilmington, DE 19801
302-658-5177 or 800-220-3092
- Kent County
91 Wolf Creek Boulevard, Suite 1
Dover, DE 19901
302-674-8384
- Sussex County
410 S. Bedford Street



Georgetown, DE 19947
302-856-2388

[Child Inc.'s Parent Education Department](#)
Classes are FREE and open to everyone

For more information or to register for a class contact Laurie in the Parenting Education Department at 302-254-5522 or 302-762-8989 For those in Kent/Sussex Counties, call 1-800-874-2070 (toll free)

[Parenting Tips from Child.Inc](#)

[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](#).

[Parents as Teachers](#)

Promotes the optimal early development, learning and health of children by supporting and engaging their parents and caregivers.
302-454-5955

[Focus on the Family](#) Christ centered help for families to thrive including a wide variety of broadcasts, podcasts, telecasts, films, websites, blogs and radio programs providing information, guidance and practical insights on everything from adoption to marriage to media discernment to pastoral concerns.

[Jewish Family Services of Delaware](#)

Support for families facing challenges and crisis. Helping families and individuals improve stability, navigate transitions, and access mental health services. You don't have to be Jewish to receive help.

Support Groups for Moms

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[MOPS – “Mothers of Preschoolers”](#)

A community of moms
Meet with your peers while the kids are being watched close by. Partnering with churches and organizations worldwide to equip and encourage moms.

[Find a MOPS group](#)

[Mama Baby Groups](#)

Support groups for moms and their babies. They also have breastfeeding classes for a fee. Call 302-658-BABY(2229)

[Young Moms of Chester County](#)

Are you a pregnant or parenting young woman between the ages of 13 and 21? YoungMoms is an organization that can help you build friendships with other young moms, gain parenting and life skills, and further your education and career goals. For more information, contact them at youngmomsks@gmail.com or 855-964-6667

Christian Daycares

[Care.com Christian daycare finder](#)

Search engine to find Christian daycare near you

[Elsmere Presbyterian Childcare Center](#)

606 New Rd., Wilmington, DE 19805
302-998-2070

[Harvest Christian Academy](#)

The Center offers several biblically based programs, designed to aid youth with emotional, social, physical, cognitive, and spiritual development. Our programs service children from the ages of 6 weeks through 4 years old.

- Infant Program (6 weeks – 12 months)
- Tree Tots Toddler Program (12 months – 2 years)
- Preschool Program (3 years and 4 years).

1101 Delaware Street, New Castle, DE 19720
302-654-2613



[Hope Lutheran Early Education Center](#)

A provider of early education and Before/After School care for children from 2 to 8 years old in the New Castle County and Colonial School District communities.

230 Christiana Rd, New Castle, DE 19720
302-322-4720

[Our Future Christian Childcare Center](#)

Serving ages 1-12. The center also hosts a camp in the summer months that allow children to have entertainment in a fun and safe environment.

800 E. 7th St., Wilmington, DE 19801
302-654-2081

Childcare Financial Resources

[Children & Families First](#)

Helping families raise their children so they can flourish with resources for parenting, child care, Head Start programs, Preschools, summer camps, etc.

800-734-2388

[My Child DE](#)

Delaware's Child Care Consumer Education website for childcare resources in Delaware. Toll free 800-734-2388

[State of Delaware child care financial assistance](#)

Providing support for families with children to enable the caretaker to hold a job, obtain training or meet special needs of the parent or child. Child care may also be provided in child abuse cases to help protect the child.

Helpful links on finding the right daycare

[Choosing quality child care](#)

[Selecting a childcare program](#)

[Programs for help paying for childcare](#)

[Help Me Grow 2-1-1 program](#)

Dial [2-1-1](#) for services, programs, information and other resources when you are pregnant

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and when you have a child at home. The 2-1-1 helpline is a confidential service from the United Way and the Delaware Division of Public Health helping you get the help you need. You can call as often as you like and calls are toll-free.

In addition to calling Delaware 2-1-1, Help Me Grow can be reached by sending a text message to 302-231-1464 from Monday-Friday 8:00 a.m. to 9:00 p.m. A Child Development Specialist will respond to inquiries via text message within 15 minutes.

NOTE: If you have an EMERGENCY dial 9-1-1 or your local emergency response number.

[Child Care Aware](#)

A non-profit that works with a national network of more than 400 [child care resource and referral \(CCR&Rs\) agencies](#) and other partners to ensure that all families have access to quality, affordable child care.

[Cap4kids.Org Child care/Respite care](#)

A list of resources for child care, daycare, etc.

[Ministry of Caring, Inc.](#)

Operates three child care centers, each of which responds to an acute need for affordable child care for offspring of the homeless and working poor. These include residents of Ministry emergency homeless shelters and additional residents of inner city neighborhoods. Fully-certified professionals trained in early childhood education staff each state-of-the-art center. Operating hours meet the needs of working parents.

- Child Care Center
221 North Jackson Street
Wilmington, DE 19805-3649
302-652-8992
- Il Bambino
903 North Madison Street
Wilmington, DE 19801-1497
302-594-9449
- Guardian Angel Child Care
1000 Wilson Street
Wilmington, DE. 19801-3432
302-428-3620



[Mom's House Wilmington](#)

Empowering single parents to complete their education by providing scholarship and free services (including early education, mentoring, and tutoring) to any student parent meeting their requirements

1718 Howland St., Wilmington, DE 19805
302-658-3433

[Mom's House of Dover](#)

Offers single parents the opportunity to achieve their educational goals by providing childcare services for their little ones from birth through age four free of charge

864 S. State Street Dover DE 19901
302-678-8688

[New Castle County Head Start](#)

A private, non-profit organization devoted to promoting the school readiness of children ages birth to 5 years from income-eligible families in New Castle County, Delaware.

[Nurses'n Kids Medical Day Care](#)

Dedicated to caring for infants & children with medical, developmental & technology dependent needs. Infants and children may attend Nurses 'n Kids full or part time.

Toll Free 866-303-KIDS

- New Castle County
904 Churchmans Road
New Castle, Delaware 19720
302-323-1118
- Kent & Sussex Counties
705 North Street
Milford, Delaware 19963
302-424-1770

Domestic Violence

If you believe a child or adult is in immediate danger, please call 911 for help.

[Delaware Domestic Violence Services](#)

All hotline numbers are confidential, and staffed by trained professionals that can assist

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you with safety planning and access to available resources:

DELAWARE 24 HOUR DOMESTIC VIOLENCE HOTLINES

- New Castle County Bilingual Hotline: 302-762-6110
- Northern Kent County Hotline: 302-678-3886
- Kent & Sussex Counties Hotline: 302-422-8058
- Kent & Sussex Counties Bilingual Hotline: 302-745-9874

[CHILD Inc.'s Domestic Violence Program](#)

New Castle County - two crisis shelters, specific to meeting the needs of victims of domestic violence, are operated from confidential locations.

[The SAFE Program at People's Place II](#)

Kent & Sussex Counties - emergency shelter in a safe and supportive environment using the empowering Sanctuary Model.

[Abriendo Puertas](#)

Sussex County - an emergency shelter program for Latina women and children in domestic violence situations.

[National Domestic Violence Hotline](#)

If you're concerned your internet usage might be monitored, **Call 1-800-799-SAFE (7233) or text START to 88788**). Internet usage can be monitored and is impossible to erase completely. [Learn more about digital security](#) and remember to clear your browser history after visiting this website.

[Delaware Crisis Helpline Services](#)

1-800-262-9800

The 24/7 Crisis Helpline for Delaware receives calls from asking for information and referrals, to discussing daily struggles, to processing suicidal thoughts. A crisis is any

moment that is overwhelming for the individual who is calling. *Their services are at no cost, and they do not bill insurance*



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Child Abuse Prevention and Reporting

Suspect child abuse? Call 1-800-292-9582 anytime, 24/7

[Resources in Delaware if you suspect a child is being abused](#)

[Prevent Child Abuse Delaware](#) is a statewide, private organization devoted to the prevention and treatment of all forms of child abuse and neglect. Prevent Child Abuse Delaware works with more than 60 Delaware schools, and serves over 35,000 children, parents, and other adults each year.

302-425-7490 or call toll free 1-866-925-7223
100 West 10th Street, Suite 715, Wilmington, DE 19801

[Delaware Division of Family Services](#)

If an investigation determines that protective services are needed, the Division provides home-based assistance such as counseling, family preservation services, parent aides, transportation and shelter care.

Statewide Report Line at 1-800-292-9582

- New Castle County:
 - University Plaza
Cambridge Building
263 Chapman Road
Newark, DE 19702
302-451-2800
 - 119 Lower Beech Street
3rd Floor,
Wilmington, DE 19805
302-577-3824
- Kent County:
Barrett Building Silverlake Blvd
Dover, DE 19901
302-739-4800
- Sussex County:
Georgetown State Service Center
546 South Bedford Street
Georgetown, DE 19947
302-856-5450

Financial Empowerment

[Stand by Me: The Delaware Financial Empowerment Partnership](#)

Free, private, one-on-one financial coaching from trained, skilled professionals who help you achieve your goals. Our coaches can assist you by phone or video conference.

Contact them by dialing 2-1-1 or 1-800-560-3372

[United Way/Delaware 2-1-1 Resources](#)

Clothing Assistance

[Catholic Charities Thrift Store](#)

Gently-used or new clothing, furniture, and household items at affordable prices. For those in a crisis, they coordinate Basic Needs Vouchers to provide eligible clients clothing and/or furniture at an even deeper discount or free.

302-764-2717

[Delaware 211 Clothing Assistance](#)

Get connected to their most-requested clothing assistance resources in Delaware. The list below includes *clothing resources for babies, children, mothers, emergency needs, and professional purposes.*

[The Friendship House Clothing Bank](#)

Provides free clothing to the community, and an employment opportunity for women looking to get back into the workforce. Visit an [Empowerment Center](#), or email them at info@friendshipousede.org
1603 Jessup St. Suite 3, Wilmington, DE 19802
phone: 302-654-1390

[Victory Blessings, Dressings & More](#)

A food and clothing bank outreach program open to the public every Saturday from 8:00 am - 12:00 pm.

Victory Christian Fellowship 100 Wilton Blvd.,
New Castle, DE 19720



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For information call 302-324-5400 or contact info@victoryexperience.com

Thrift Stores

[Chester Bethel Thrift Shop in the Serpentine Stone Church](#)

Wed-Fri 10 am - 3 pm, Sat. 10 am - 12:30 pm
2615 Foulk Road, Wilmington, DE 19810
phone: 302-475-3022

[Goodwill Stores locations in Delaware](#)

Multiple store locations in all 3 counties selling gently used clothing and home goods.

[Habitat for Humanity ReStore](#)

Most ReStores include a variety of new and used building materials, appliances and furniture. Many stores have inventory that expands beyond these three categories.

- Wilmington - 3312 Seminole Ave.
302-652-5181
- Middletown - 600 N. Broad Street
302-449-1414

[Once Upon a Child - Wilmington](#)

Once Upon A Child® buys and sells gently used kids' clothing, shoes, toys, and baby gear.
3220-B Kirkwood Hwy, Wilmington, DE 19808
phone: 302-633-3333

[Prime Thrift Wilmington](#)

2004 West Newport Pike, Wilmington, DE 19804 phone: 302-999-1416