



Pregnancy & Parenting Resources

[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.

[Children & Families First](#)

302-604-6301 or 800-220-3092

Expecting or new mothers get the support needed to stay healthy from pregnancy to birth and beyond, nurture your child's development, and achieve your personal and parenting goals

[Maternal Fetal Services](#)

Maternal-fetal medicine physicians step in to help monitor the health of both the child and mother and reduce any risk factors the pregnancy may be exposed to.

[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

[Child, Inc. Parenting Classes](#)

Child Inc. provides Parenting Education classes at convenient locations throughout Delaware. Classes are free and in both English and Spanish. Three curriculums are offered, each focusing on a different stage of development.

302-254-5522 or 1-800-874-2070 for Kent/Sussex County

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[Post-partum Depression Help](#)

You are not alone. PSI-DE is the Delaware state chapter of [Postpartum Support International \(PSI\)](#), the world's leading non-profit organization dedicated to helping those suffering from perinatal mood disorders, the most common complication of childbirth
National hotline 1-800-944-4773
Text in English: 800-944-4773
Text en Español: 971-203-7773

[National Safe Haven Hotline](#)

1-888-510-BABY (2229) call or text

The Safe Haven Laws allow a parent to anonymously surrender their unharmed infant to a designated Safe Haven provider within a specific time after birth. Newborns brought to a designated safe haven location will be cared for immediately. To find a safe place for you to take your newborn, call or text the hotline above to find a Safe Haven Location near you.

[Safe Haven Locations in each state](#)

In Delaware – The unharmed newborn fourteen (14) days old or younger may be anonymously relinquished by the parent of the child who does not intend to return for the child to any on-duty staff member at a Hospital Emergency Room. The infant must be directly handed to a provider.

[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

[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 for counseling by phone or to schedule an appointment to talk in-person.

Delaware Quitline also provides an online support service at [Quitsupport.com](https://quitsupport.com)

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.