

# Home Visiting is Essential – Information for Families During COVID-19

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## Maine Families Home Visiting can provide support for you and your family

As your child's first teacher, you are the most important person in their world. During this uncertain time, you can help your child feel comforted and secure by finding ways to support their healthy development... **but you don't have to do it alone!**



- Even before the current health crisis, family visitors were already a critical link for new and expectant parents, providing one on one support at no cost to eligible families.
- **Now, virtual visiting can be an important lifeline as you navigate the new challenges brought on by the current health crisis.**
- Services are available beginning prenatally through your baby's early months and may continue until age three.
- **Our visit activities can support the bond between you and your child to encourage their development.** We can also help you build strategies to cope with the unique stresses of parenting during the COVID-19 pandemic.

## Virtual home visiting is available during the COVID-19 pandemic

- **The Maine CDC continues to recommend physical distancing. For the foreseeable future, visits will be done online or by phone. We know it can be hard not to see your family visitor in person but during this time, the health and safety of you and your family is our primary concern.**
- Enroll in Maine Families and connect with your family visitor virtually through online visits or phone calls. Your family visitor can send you handouts on activities to do with your child.
- Home visits are designed to meet the needs and desires of your family. Family visitors provide developmental screenings, as well as information on children's developmental milestones and early learning, connect you to important community resources or virtual playgroups, and more.

Visit [www.mainefamilies.org](http://www.mainefamilies.org) to learn more or to request a phone call, simply fill out this online form: <https://mainefamilies.net/learnmore/>

## Additional Supports

Resource	Information	Website
Maine Children's Trust	List of Prevention Councils, and virtual playgroups and parenting supports in every county	<a href="http://www.mechildrenstrust.org/Maine-CAN-prevention-council.htm">http://www.mechildrenstrust.org/Maine-CAN-prevention-council.htm</a>
Maine Crisis Services	The Maine Crisis Line provides statewide, free, and confidential support for people who are feeling anxious, in distress, worried about a loved one, or experiencing a crisis	Crisis call specialists respond to crisis calls 24/7. They are available by CALL, TEXT, or CHAT at 1-888-568-1112.  <a href="https://www.sweetser.org/programs-services/services-for-children-families/crisis-services/">https://www.sweetser.org/programs-services/services-for-children-families/crisis-services/</a>
Multilingual Resources	Print, video and audio resources about COVID-19 in many languages	<a href="https://www.ccmaine.org/share-facts-about-COVID-19">https://www.ccmaine.org/share-facts-about-COVID-19</a>
Parent Resource	Multiple resources to support families during COVID-19	<a href="https://childmind.org/coping-during-covid-19-resources-for-parents/">https://childmind.org/coping-during-covid-19-resources-for-parents/</a>
Postpartum Support International	Anyone can call or text to get information, support or resources about postpartum depression	Website: <a href="https://www.postpartum.net/">https://www.postpartum.net/</a>  Phone: 1-800-944-4773  Text: 503-894-9453
Maine Equal Justice	Maine Equal Justice is working to increase economic security, opportunity, and equity for people in Maine	<a href="https://maineequaljustice.org/people/covid-19-resources/">https://maineequaljustice.org/people/covid-19-resources/</a>
National Domestic Violence Hotline	For anyone effected by abuse or needing support 24 hours a day / 7 days a week	Call: 1-800-799-7233 Chat: thehotline.org Text: text LOVEIS to 1-866-331-9474 (for emergency situations, call 911)
Maine Center for Disease Control	For up to date information about COVID-19 and Maine's response to the national health crisis	<a href="https://www.maine.gov/dhhs/coronavirus-resources">https://www.maine.gov/dhhs/coronavirus-resources</a>
Maine 211	211 is a free, confidential information and referral service that connects people of all ages across Maine to local services	For information: call 211, text your zip code to 898-211, or email <a href="mailto:info@211maine.org">info@211maine.org</a> .