

What We Do

The Maternal & Child Health program supports expectant mothers and families by:

- Offering women the comprehensive care of a visiting registered nurse throughout pregnancy and the baby's first years of life.
- Providing health assessment, medical care, education, and emotional support.
- Helping to ensure a positive pre- and postnatal experience for mothers and a healthy start for babies.

Services available to any family at no charge.

Referral for Maternal & Child Health

A Maternal & Child Health referral may be submitted by:

- Visiting cradleME.org and completing a request form
- Calling or texting one of our nurses directly at the number on this brochure.

Main Office

248 Bucksport Road
Ellsworth, ME 04605

For a complete listing of DCP program sites, visit our website.



www.downeastcommunitypartners.org

Contact Us

207-479-1281

jen.winter@dcpcap.org



FLOURISH

with



Maternal & Child Health Services

Your Support for Lifespan Opportunities
in Hancock and Washington Counties



We're Here to Help Your Family Flourish.

Families that flourish grow healthy and strong. They thrive in the moment, on the journey, and at each milestone. At Downeast Community Partners (DCP), we understand that healthy families begin with healthy mothers and healthy pregnancies. Strong families are built when parents are empowered to understand and meet the needs of their growing babies at each stage of development. As such, DCP's Maternal & Child Health programs exist to provide the support families throughout Hancock and Washington counties need to grow healthy and strong as they navigate the many challenges and transitions of new parenthood. When you reach out to us, we have one goal: We're here to help your family flourish.



Prenatal Services

Maternal and Child Health helps expectant mothers and families prepare to welcome a new baby by providing several prenatal services. These include:

- Performing a nursing assessment and providing information that may decrease the chance of baby being born premature or with a low birth weight
- Answering questions about labor and delivery
- Supplying educational materials about nutrition, exercise, breastfeeding, birth control options, infant care, and parenting
- Providing health and safety guidance for mother and baby.
- Referring families to financial help for medical care, needed support services, and other resources.

Postnatal Services

Maternal and Child Health helps families of newborns adjust through the joys and challenges of new parenthood by providing various postnatal services. These include:

- Offering support, understanding, and additional information for new mothers and families.
- Monitoring the baby's and mother's health.
- Providing breastfeeding support
- Monitoring the baby's growth and development.
- Talking with new parents about feeding, safety, exercise, and the baby's behavior.
- Helping to arrange referrals when needed.

