



IT'S EASIER THAN EVER FOR MARYLAND FAMILIES TO FIND SUPPORT

Maryland has free and low-cost programs to support you during pregnancy and as your child grows.

NOT SURE WHERE TO START?

- ➔ Visit Marylandbenefits.gov to sign up for cash (TCA), food assistance (SNAP, WIC), health care (Medicaid/CHIP), energy help, and more.
- ➔ Visit mdmomresources.org/map to find resources in your county.

Scan the QR code
to access links to all
resources in this guide



HEALTH CARE AND FOOD HELP FOR MARYLAND FAMILIES (pregnant or with children 0–5)

- ☐ Need help with food or infant formula? Apply for WIC at Marylandbenefits.gov or by contacting your **local WIC office** (search “WIC office [your county] Maryland”)
 - ➔ *Pregnant moms, moms with a baby under 1, and children under 5 can receive WIC*
 - ➔ *Moms, dads, and any caregiver can apply for their children*
- ☐ Need health care? Find coverage at Marylandbenefits.gov. Use the “Get an Estimate” tool through **Maryland Health Connection** to check ways to lower health care costs
 - ➔ *This includes the **Healthy Babies program** — free health care for non-U.S. citizens*
- ☐ Need food? Use the “**Find Your Local Food Bank**” tool on the Feeding America website to find free food near you



PREGNANCY SUPPORTS

1. Connect to health and peer support:

- ☐ Search “**home visiting [your county] Maryland**” online to find in-home support from a trained professional during pregnancy
- ☐ Find in-person support with other expecting moms at a **CenteringPregnancy site**
 - ➔ *On Medicaid? Call your **Managed Care Organization** and ask about CenteringPregnancy*
- ☐ Explore the **MOM program** for help with opioid use in pregnancy (for people on Medicaid)

2. Other support during pregnancy:

- ☐ Contact your local **family planning clinic** to confirm your pregnancy and discuss all of your options, including parenting, adoption and abortion
 - ➔ *You can also call **All-Options** at (888) 493-0092 - a free, confidential helpline for anyone navigating a pregnancy decision*



GETTING READY FOR BIRTH

1. Create a birthing plan:

- ☐ Find a **birthing hospital** to get the care you want during labor and delivery
- ☐ Find a **Doula** for support before, during, and after birth
 - ➔ *On Medicaid? **Doula services may be free** — call your **Managed Care Organization***

2. Learn about newborn safety:

- ☐ Learn about **safe sleep** to reduce the risk of sleep-related infant death
- ☐ Explore **Maryland Kids in Safety Seats** for help using a car seat or to get one

3. Employed? Know your leave options:

- ☐ Ask your employer about parental leave through the **Family and Medical Leave Act** or **Maryland Parental Leave**



AFTER YOUR BABY IS BORN (and for families with young children)

1. Basic needs and health:

- ☐ Need diapers? Search **"free diapers [your county] Maryland"**
- ☐ Worried about lead in your home? Explore **Healthy Homes for Healthy Kids**
- ☐ Child with asthma? Get **home visiting for children with asthma** through the Maryland Department of Health

2. Plan for your child's financial future:

- ☐ Open a **Maryland 529 plan** for your child's education — you may get \$250–\$500 (2026 deadline: May 31)
- ☐ Open a free **530A Account** for your child — you may get a \$1,000 deposit

3. Family support and child development:

- ☐ Search **"home visiting [your county] Maryland"** online for in-home parenting and child development support
- ☐ Visit your local **Patty Center** for free child care and support for parents with children ages 0–3 (often up to 5)
- ☐ Visit your local **Judy Center Early Learning Hub** (in your school zone) for free learning activities and support for families with children ages 0–5
- ☐ Explore the **Parent Encouragement Program** for free and paid parenting classes for families with children age 2 and up
- ☐ Find parenting tips at **zerotothree.org** (Parenting section)

4. Early learning and child care:

- ☐ Visit **Maryland EXCELS: Find a Program** to find quality child care near you
- ☐ Explore **child care scholarships** to help pay for child care
- ☐ See if your 3- or 4-year old qualifies for **free or low cost pre-Kindergarten**
- ☐ Find a **Head Start or Early Head Start program** near you for early learning and family support for ages 0–5

5. Other support for your child's development:

- ☐ Ask your child's doctor about **HealthySteps** to have a child development specialist join doctor visits (ages 0–3; free for families on Medicaid)
- ☐ Need support for a child with disabilities? Visit the Maryland State Department of Education website:
 - ➔ *Ages 0–3: Call your county's "single point of entry"*
 - ➔ *Ages 3–5: Call your county's "Maryland child find"*
- ☐ Behavioral health concerns? Call (855) 632-4477 (**Maryland Behavioral Health Integration in Pediatric Primary Care**)

6. Support for expecting and new fathers:

- ☐ Download the **Father's Playbook app** for support
- ☐ Get parenting tips at **fatherhood.gov/for-dads**

7. Support for specific family situations:

- ☐ Grandparents or relatives 55+ caring for children under 18: Visit the Maryland **Family Caregiver Support Program**
- ☐ Foster ("resource") parents: Visit the Maryland **Out-Of-Home Care** program
- ☐ Immigrant or undocumented parent: Search **"immigrant family resources [your county] Maryland"** online to find local support services
- ☐ Refugee or asylum-seeker: Contact the **Maryland Office for Refugees and Asylees** for support
- ☐ Formerly incarcerated parents: Text **Reentry to 898-211** for family support
- ☐ Seeking **child support** from the other parent: Visit **Marylandbenefits.gov** and click "Create Account"
- ☐ Grief support after infant or child loss: **Center for Infant and Child Loss**



OTHER SUPPORT FOR MARYLAND FAMILIES

1. Financial and education help:

- ☐ Going back to school?
 - ➔ *Apply for federal aid (FAFSA at **studentaid.gov**)*
 - ➔ *Apply for state aid through the **Maryland Higher Education Commission***
 - ➔ *Undocumented students: apply for **Maryland state financial assistance***

2. Housing, work, and daily needs:

- ☐ Apply for the **Housing Choice Voucher Program** for help with rent
- ☐ Find employment and training resources through the **Maryland Division of Workforce Development and Adult Learning**

3. Safety and mental health:

- ☐ Mental health crisis: Call or text **988**, or go to a **walk-in or urgent care center**
- ☐ Domestic violence help: Call the **Maryland Network Against Domestic Violence** at (800) 799-7233
- ☐ Gun safety resources: Explore **Marylanders to Prevent Gun Violence**

If you are unsure which programs are right for you:

- ➔ Call **211** or explore **linkudmv.org** or **findhelp.org** to find resources now.
- ➔ Visit a local office near you to get in-person help with **housing, health resources, child care, disability services**, or other **benefits**.
- ➔ Local **Maryland Department of Human Services offices** can answer questions and help you apply for programs. Visit **dhs.maryland.gov/local-offices/** to find an office.