

HOW DO I FIND CHILDCARE?

How old is your child?

Ages 0-4

childcarechoices.me

Search for childcare by age, location, and see quality ratings. Don't miss tips for finding the best childcare for your family.

Use subsidy filter if you think you may be eligible. **If you have an infant or are expecting it is wise to be on 3+ waitlists due to limited space.**

Ages 4-5

- Portland Public Schools offers Pre-K program for 4-year-olds, but signing up in advance is critical (lottery).
- Head Start is option for low-income families! (see below)

Ages 5-12+

Public Education: Portland Public Schools
Private Schools: St. Bridget, Breakwater, Waynflete, etc

Out of School*

*Out of school refers to before and after school as well as holiday and vacation time programming.

Do you need help paying for childcare?

No

Looking to find some savings? Learn more about a [Childcare FSA](#) or [Quality Providers](#) with a childcare tax credit.

Yes

Are you receiving TANF?

Yes

Ask your ASPIRE/TANF case manager about a referral to **FEDCAP**
(844)-562-0190
www.fedcapmaine.org

Department of Health and Human Services
(207) 822-2000
<https://www.maine.gov/dhhs>
You may be eligible for TANF or other programs depending on your income.

CCSP*:
You can use CCSP for family, friends, and neighbor care or with a childcare provider. Some childcare providers may be able to help with the application process.
<https://www.maine.gov/dhhs/ocfs/ec/occhs/step.htm>

*Citizenship restrictions may affect eligibility

No

Do you think you might be considered low-income?

Yes or No

Early Head Start Childcare
Age 6 Weeks -3 years
(207) 553-5811
www.opportunityalliance.org/early-childhood-education

Full day/Full year
Homeless, SSI, foster child, and TANF recipients are automatically income-eligible.

Yes

Head Start***
Ages 3-5
(207) 553-5811
opportunityalliance.org
Part day/ Part Year

Head Start Childcare
Age 3-5
(207) 553-5811
www.opportunityalliance.org/centerbased-childcarehead-start
Full day/Full year***

*** No citizenship or residency requirements, but for full wrap around services must be eligible for CCSP. Once you meet eligibility for Headstart, always eligible for programs

Babysitting

- Find a babysitter using Nextdoor or Care.com
- Call a friend or neighbor
- In Her Presence
- Facebook Group: Maine Childcare

CCSP may support children up to age 12 with some of the choices listed above:
<https://www.maine.gov/dhhs/ocfs/ec/occhs/step.htm>

School Vacation Before/After

Parks and Recreation
www.portlandyouth.org

Get in touch with your school recreation program. Subsidies available.
www.portlandyouth.org

Frequently Asked Questions

What is Quality Care? Quality for ME was created by the Department of Health and Human Services to provide parents a way to easily identify high-quality early childhood and education programs. The rating system is based on four steps, each step leading to higher quality. Step Four is the highest step a program/provider can achieve. All licensed child care programs in Maine – family child care, child care centers, school-age programs – are eligible to participate.

What is TANF? TANF stands for Temporary Assistance for Needy Families. The TANF program, which is time-limited, assists families with children when the parents or other responsible relatives cannot provide for the family's basic needs. The Federal government provides grants to States to run the TANF program.

What is Family, Friend, and Neighbor Care? For many families, the most appropriate choice is a family member or neighbor to provide child care. This type of child care is referred to as “informal,” “license-exempt,” or “Family, Friend, and Neighbor (FFN).” This type of care is usually someone caring for two children or less not related to the caregiver. (If someone cares for more than 2 children not related to them, then they need to be licensed.)

What is a childcare Flexible Spending Account (FSA)? Like other FSAs, the dependent care FSA allows you to fund your account with pretax dollars. But this account is for eligible child and adult care expenses. This includes preschool, nursery school, daycare, before and after school care, and summer day camp. It's the care your family needs, while you're at work.

What are the income eligibility requirements like?

Is your income below 250% Federal Poverty Level (FPL)?

Household Size	Weekly Income
1	\$619
2	\$836
3	\$1,053
4	\$1,270
5	\$1,487
6	\$1,704
7	\$1,921
8	\$2,138
9	\$2,355
10	\$2,573
11	\$2,789
12	\$3,006

(please note this chart changes annually)

Is your income at or below 85% of the State Median Income (SMI)?

Family Size	Weekly Income
1	\$766.43
2	\$1,002.25
3	\$1,238.08
4	\$1,473.90
5	\$1,709.72
6	\$1,945.55
7	\$1,989.55
8	\$2,033.98
9	\$2,078.20
10	\$2,122.40

(please note this chart changes annually)

PORTLAND
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Youth & Family
Outreach



maineaeyc

Maine Association for the Education
of Young Children

the
Opportunity
Alliance



MAINE
ROADS
TO QUALITY
PROFESSIONAL DEVELOPMENT NETWORK

FEDCAP
Serving Maine inc