



PARENTS ARE TEACHERS, TOO



Please contact me about the Parents Are Teachers, Too program at:

Name _____

Address _____

Phone (h) _____

(w) _____

Due Date/Date of Birth _____

Penobscot and Piscataquis County Offices

Penquis Community Action Program
262 Harlow Street
PO Box 1162
Bangor, Maine 04402
(207) 973-3672

Penquis Community Action Program
50 North Street
Dover-Foxcroft, Maine 04426
(207) 564-7116

Penquis Community Action Program
115 Main Street
Lincoln, Maine 04457
(207) 794-3093

Penquis Community Action Program
30 Balsam Drive
Millinocket, Maine 04462
(207) 723-6734

If the numbers above are long distance for you please call:

1-888-389-3610

visit the Penquis C.A.P. website at:
www.penquiscap.org

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Funded by the Maine Department of Human Services Bureau of Health

PARENTS ARE TEACHERS, TOO



A Program For First-Time Parents And Teen Parents



Penquis Community Action Program
262 Harlow Street
PO Box 1162
Bangor, Maine 04402
(207) 973-3642

The mission of the Parents Are Teachers, Too (PATT) program is to provide information, encouragement and support to first-time parents and teen parents in order to help them give their children the best possible start.

“The program helped me know what to expect... At first I thought there was only one way to raise a child. Through the program I have come to realize there is more than one good way.”
— PATT Participant

“The most useful part of the program was having someone to call when I didn’t know what to do... She always had some words of wisdom or encouragement to give.”
— PATT Participant

HOME VISITS

During home visits parents receive information about:

- Healthy prenatal practices
- Labor and delivery
- The process of falling in love with their baby
- Infant care, feeding and nutrition
- Health and safety issues
- Child development
- How to help their baby learn
- Healthy parenting and self-care skills



GROUPS

Ongoing parenting groups are offered to meet parents’ interests.

RESOURCE LINKS

We help parents access educational materials and other community resources available to families.

PARTICIPATION

All parents participate as they choose based on their interests and needs.

Teen parents receive information especially for them and may participate in childbirth classes and groups designed just for teens.

HOW TO JOIN

PATT works with parents who live in Penobscot and Piscataquis Counties. All parents who are expecting or recently (within the past 3 months) had their first baby, and all pregnant and parenting teens are invited to take part in PATT. There is no cost to parents.

For more information please call your local Penquis CAP office.