



Pro-Life Safety Net Support for the First Thousand Days After Birth

State Spotlight: North Dakota

Information current as of December 2025.

1. Care Coordination and Pregnancy Support

1.1 Pregnancy Support

[Alternatives to Abortion \(A2A\) Program](#)

The passage of [SB2129](#) in 2023 initiated the creation of this program. North Dakota funds its A2A program through its state Medicaid program instead of TANF. Pregnant women, women who believe they are pregnant, parenting women or other caretakers taking care of children 12 months of age or younger are eligible for these services. The ND treasury provides funding, through the North Dakota Department of Health and Human Services, to approved organizations across the state that provide services such as pregnancy testing, medical services, counseling, prenatal education, parenting education, postpartum services, and referrals. These services can be found at [LifeND](#).

Tax Credit

Due to the passage of [HB 1176](#) in 2023, contributions to a maternity home, child placing agency, pregnancy help center, or adoption agency result in a tax credit of 100% for the amount of the donation (not to exceed \$2,500 or 50% of the taxpayer's liability).

1.2 Care Coordination

[LifeND](#)

This is an official website of the state of North Dakota that offers information and links to financial assistance, parenting information, maternal and childbirth life services, other human services, planning guidance, care centers and agencies, and other public and private resources for expectant families and new parents.

2. Women's Health

2.1 Prenatal and Postpartum Medical Care

[Family Planning Program](#)

There are 24 federally funded family planning locations across the state run by local health departments. Clients are charged for services according to their household income and family size. Private pay, Medicaid, and insurance are accepted. Some of the services offered at these locations include:

- Physical exams for men and women
- Birth control methods and referral for sterilization procedures
- Breast, cervical, and testicular cancer screening
- Pregnancy testing
- Referrals to preventative and social services

2.2 Prenatal and Postpartum Support

[HB1450 \(2023\)](#)

This legislation changed the state's anti-discrimination law to now penalize employers who do not make reasonable workplace accommodations for pregnant or parenting women.

[WIC Breastfeeding Education](#)

North Dakota's WIC program provides free breastfeeding education and counseling resources.

[Evidence Based Home Visiting \(EBHV\) Programs](#)

North Dakota EBHV programs use federal [Maternal, Infant and Early Childhood Home Visiting \(MIECHV\) funds](#) to provide voluntary, home-visiting services to low-income, high-risk families with young children. Services include encouraging mothers to get health checks for themselves and their children and keep current on immunizations, teaching strong and positive playful learning techniques, and screening parents and children for developmental delays, depression, and domestic violence. North Dakota's MIECHV program places a specific emphasis on serving the state's large American Indian and Alaskan Native population. ND's EBHV programs use two MIECHV-supported models:

- [Parents as Teachers](#): This model focuses on promoting "optimal early development, learning, and health of children" within the family. Pregnant mothers and children ages zero through three are served through this program.
- [Nurse Family Partnership](#): This model involves nurses visiting first-time moms during pregnancy and up to age two. Serves Burleigh, Morton, Mercer, Oliver, Grant, and Sioux Counties.

Maternal and Child Health Nutrition

This program promotes the nutritional and general wellbeing of preconception, prenatal, perinatal, and breastfeeding women as well as infants and children. It provides technical assistance to state and local partners and addresses women and children's nutrition needs through the life cycle.

2.3 General Medical Care for Women

Women's Way

This is North Dakota's federally funded Breast and Cervical Cancer Screening Program. It is administered through North Dakota Health and Human Services and local public health offices. Through this program, women are provided a way to pay for reduced cost or receive free breast and cervical cancer screenings. Eligibility requirements include meeting all the following criteria:

- Being a North Dakota resident
- Be 40 through 64 (or ages 21 to 39 for those who have breast symptoms, are at high risk for breast cancer, are due for a Pap test, or need breast or cervical diagnostic procedures)
- Have insurance that doesn't cover Pap tests and/or mammograms, be unable to pay deductible and/or co-payments, or lack health insurance
- Meeting income guidelines

Vaccines for Adults

This program provides select vaccines to uninsured or underinsured adults, which refers to those 19 years and older whose current health insurance doesn't cover vaccines. The program limits vaccine fees and for eligible patients, does not allow sites to charge at all. The vaccines covered by the program are listed [here](#).

Medicaid

Medicaid in North Dakota provides health coverage to eligible North Dakota residents who meet the income guidelines and are U.S. citizens or have satisfactory immigration status. There are various Medicaid programs available in North Dakota for individuals and families, each with their own additional requirements. Below are [several groups](#) that are eligible for North Dakota Medicaid.

- Pregnant women: Pregnant women are eligible for full-coverage Medicaid if they meet certain family size and income limits (up to 175% of the FPL. With the passage of [SB 2181](#) in 2023 and CMS' subsequent approval of the state's extension request in January 2023, postpartum Medicaid coverage for women was extended from 60 days to one year. The same legislation also increased the eligibility limit for pregnant women from 162% of the FPL to 175%.
- Parents and caretakers: Parents with children (under the age of 19) living in their home who also meet resident, citizenship, and income requirements (up to 41% of the FPL) are eligible for full-coverage Medicaid.

- Women's Way enrollees: This Medicaid program provides free breast and cervical cancer treatments for women who are diagnosed with cancer through the state's Women's Way program (see above).
- Expansion group: Adults, ages 19 through 64, whose income is at or below 138% of the FPL are eligible for full-coverage Medicaid. To be eligible, members of this group must not be enrolled in another Medicaid eligibility category or have any other type of private insurance.

Those would otherwise be eligible for Medicaid apart from their citizenship status can receive Medicaid coverage for emergency services only.

See section 6.1 for more information on disability-specific Medicaid programs, section 7.2 for child-specific Medicaid programs, section 7.4 for adoption-specific Medicaid programs, and 7.5 for foster care-specific programs.

[Comprehensive Health Association of North Dakota \(CHAND\)](#)

This program provides comprehensive health insurance to residents of North Dakota who have been denied health insurance, are considered high risk, have lost their employer-sponsored group health insurance, or are unable to find adequate health insurance coverage in the private market due to medical conditions. CHAND covers major medical and prescription drug expenses. Eligibility requirements can be found [here](#).

[Student Health Plans](#)

These are available for purchase by college students who don't have health insurance through a parent's health insurance policy or who have limited coverage due to network service area limitations.

[Prescription Connection](#)

This is a program of the North Dakota Insurance Department that connects adults and families with free and discounted prescription drugs direct from the pharmaceutical manufacturer. Eligibility requirements include meeting all the following criteria:

- Being a North Dakota resident
- Be ineligible for any state assistance programs for prescription drugs
- Have low income and/or difficulty paying for prescriptions

3. Finances, Work, and Education

3.1 Help Paying Bills

[TANF](#)

This is a federal-state partnership program that provides families in need with short-term financial assistance as well as work and mentorship programs. The purpose of the program is to move families from temporary public assistance to being self-sufficient. Families taking care of children under age 18 or who will graduate from high school by age 19 may be eligible if the child is without

parental support because of a parent's death, physical or mental disability, age, or continued absence from home.

The passage of [SB 2181](#) in 2023 made all income-eligible pregnant North Dakota residents eligible for TANF, rather than just those in the third trimester.

Adults who receive TANF may be required to participate in the federal JOBS (Job Opportunities and Basic Skills) program.

3.2 Employment Support

Employment and Training (E&T)

This is a voluntary program that provides North Dakota SNAP (see section 4.2) beneficiaries with work training services. There are two versions of this program: BEST (for residents of Cass, Burleigh, and Morton counties) and NDWORKS (a statewide program). The programs provide skills training and job search services.

3.3 Education and Training

No applicable and/or known programs.

3.4 Financial Advice or Education

No applicable and/or known programs.

4. Material or Legal Support

4.1 Transportation

Non-Emergency Medical Transportation (NEMT)

NEMT is a Medicaid benefit that provides members with transportation via an individual, taxi, van, bus, airline, train, or other commercial carrier. NEMT may also include lodging and meal reimbursement.

ND Statewide Transit

The state has 32 bus programs that provide public transportation for anyone who needs a ride in rural North Dakota. There are fixed route bus programs, dial-a-ride bus programs that provide door-to-door accessible transport, medical rides that provide North Dakotans with transportation between rural areas and medical facilities, and urban transit programs.

4.2 Food and Nutrition

WIC

WIC helps pregnant women, new mothers, babies, and young children eat healthy foods and provides them with nutrition and breastfeeding counseling as well as referrals to other social

services. [The following are eligible](#), as long the caregiver and/or child have a nutritional and/or medical need and relevant income limits are met:

- Pregnant women
- Moms breastfeeding a baby under the age of 1
- New moms who had a baby or were pregnant in the last 6 months
- Moms with an infant or child younger than 5 years of age
- All parents, caregivers, or foster parents of a child under 5 years of age

[SNAP](#)

This program provides nutrition benefits to supplement the food budget of lower-income families. Benefits are issued on EBT cards and can be used to buy food at participating grocery stores, farmers markets, and other USDA-approved vendors. [Eligibility requirements include](#) meeting all the following criteria:

- Meeting income limits
- Meeting general work requirements if you are 16-59 and able-bodied
- Being a North Dakota resident
- Being a U.S. citizen or qualified noncitizen

[Special Nutrition Programs](#)

National School [Breakfast](#) and [Lunch](#) Program:

The lunch program is a federally assisted meal program operating in public and private schools and residential childcare institutions run at the state level. It provides low-cost or free lunches to children each school day. The breakfast program is a federal program that provides reimbursement to states to operate nonprofit breakfast programs in public and private schools and residential childcare institutions

[After School Snack Program](#): This program provides free or reduced-cost snacks to children in after school programs by providing reimbursements to schools that provide such snacks. Eligibility requirements are found [here](#).

[Summer Electronic Benefits Transfer \(SUN Bucks\) Program](#)

This program is a partnership between the North Dakota Department of Health and Human Services, the North Dakota Department of Public Instruction, and the USDA to provide food assistance to households with school-age children who are eligible for free or reduced-price school meals during the summer, when they don't have access to meals at school. The benefit is \$120 per eligible school-aged child. If a child is eligible for federal free or reduced-price school meals and attends a participating school, they will automatically be enrolled in SUN Bucks. Other children at participating schools are eligible for SUN Bucks if they meet any of the following criteria:

The child receives free meals at school, and the family's household income is at or below 185% of the FPL

The child's household participates in SNAP, TANF, Medicaid, or Food Distribution Program on Indian Reservations (may be eligible even if not in a participating school)

The family applied for School Meals through their school district and their household income is at or below 185% of the FPL

The child is homeless, a migrant, or in foster care (children in foster care may still be eligible even if not in a participating school)

[Special Milk Program](#)

This program provides free or reduced-cost milk to students in schools that do not operate a breakfast or lunch program or to split-session kindergarten students who do not have access to school meals. There are income limits.

[Child and Adult Care Food Program](#)

This program provides federal funds to nonresidential childcare and adult care facilities to serve nutritious foods. CACFP-eligible programs can be found [here](#).

[Food Distribution Program on Indian Reservations](#)

This program provides USDA foods to low-income households living on Indian reservations, and to American Indian households residing in approved areas near reservations. Many households participate in FDPIR as an alternative to SNAP because they don't have easy access to SNAP offices. This program is administered locally by either Indian Tribal Organizations or an agency of a state government. The North Dakota Department of Public Instruction provides administrative and support services for two reservations and one Indian Service Agency.

[Fresh Fruits & Vegetables Program](#)

This is a federal program administered at the state level that provides free fresh fruits and vegetables to students in participating elementary schools during the school day at times other than breakfast, lunch, or after-school snacks.

[The Emergency Food Assistance Program \(TEFAP\)](#)

TEFAP is a federal program administered at the state level that helps supplement the diets of low-income Americans by providing them with free emergency food and nutrition assistance. In North Dakota, TEFAP is administered by six local regional community action agencies and the Great Plains Food Bank, which arrange for the delivery and distribution of food to food pantries and soup kitchens across the state.

4.3 Clothing, Household Goods, and Baby Supplies

[Safety Seat Program](#)

State-provided car seats for children are distributed to the public according to North Dakota Health and Human Services and North Dakota Department of Transportation guidelines.

[HB 1177 \(2023\)](#)

This legislation exempts children's diapers from the state's sales tax.

4.4 Housing, Shelters, and Maternity Homes

[SB 2081 \(2023\)](#)

This legislation removed the requirement for maternity homes to be licensed by the Department of Health and Human Services to operate in the state. The goal of the legislation is to increase the number of maternity homes in the state that provide housing for pregnant women in unsafe relationships.

[Low Income Home Energy Assistance Program \(LIHEAP\)](#)

This federal program is administered by the state and helps eligible families with home heating, cooling, and weatherization costs. The program partially pays for the cost of natural gas, electricity, propane, fuel, oil, coal, wood, or other fuel sources. It also covers weatherization services such as insulation, weather stripping around doors and windows, furnace cleaning, repair, and replacement, chimney cleaning and inspection, and emergency assistance. Eligibility is based on household income (it must be at or below 60% of North Dakota's median income and within [these limits](#)).

[Projects for Assistance in Transition from Homelessness \(PATH\)](#)

This program supports the delivery of outreach and services to individuals experiencing homelessness and those diagnosed with a serious mental illness or substance use disorder. The program is federally funded and administered by the North Dakota Department Health and Human Services. Services include outreach to locate and help those in need of services, case management services, assistance with meeting immediate needs like food, shelter, clothing, etc., assistance with applying and obtaining housing, assistance with obtaining employment, etc.

[ND Help for Homeowners](#)

This program was created to help homeowners at risk of housing instability due to financial issues. Qualifying homeowners, for example, can be helped with past-due mortgage, utilities, or other property-related expenses.

[Recovery Housing Assistance Program](#)

This is a state-funded assistance program for individuals wanting to recover from addictions in a stable living environment. Up to 12 weeks of an eligible individual's living expenses will be paid directly to a Recovery Housing Assistance Program provider.

4.5 Legal Support

No applicable and/or known programs.

5. Recovery and Mental Health

5.1 Addiction Recovery

[NDQuits](#)

This program offers several free methods of quitting the use of tobacco. The program includes free counseling, advice, and support as well as free nicotine replacement products for those who qualify.

[Pharmacist Involvement](#)

In 2021, the passage of [SB 2221](#) allowed pharmacists' independent authority to provide immunizations and tobacco cessation therapy. North Dakota Health and Human Services, North Dakota State University, and the NDQuits contractor created a one-hour online free training class to expand the pharmacist's role in providing cessation and addiction treatment services.

[North Dakota Tobacco Prevention and Control Program and Maternal Tobacco Program \(MTP\)](#)

The North Dakota Tobacco Prevention and Control Program is the state's overall tobacco control program. In 2021, North Dakota also created the Maternal Tobacco Program (MTP). This latter program offers face-to-face quit coaching and support to pregnant women. MTP participants meet with the program facilitators five times when pregnant and monthly for six months after delivery.

5.2 Domestic Violence, Sexual Assault and Trafficking Recovery

No applicable and/or known programs.

5.3 Mental Health

[Free Through Recovery](#)

This is a community-based behavioral health program, run by the state, designed to increase recovery support services for those with behavioral health issues and involved in the criminal justice system. This program provides care coordination services, recovery services, and peer support. There are eight locally based regional service providers.

[Voluntary Treatment Program \(Medicaid\)](#)

This program is administered by the North Dakota Department of Health and Human Services. It provides an option for parents to access out-of-home treatment for children who may be experiencing a serious mental health condition in place of giving up legal custody of their child. The child must be covered by Medicaid.

5.4 Abortion Recovery and Healing

No applicable and/or known programs.

6. Disability Assistance

[North Dakota Early Intervention Services](#)

This program serves infants and young children (from birth until their third birthday) who have developmental delays. Services are provided at no cost, and include home visits, consultations, and parent coaching. Home visitors may include early intervention service coordinators, early childhood special education teachers, occupational therapists, physical therapists, social workers, and speech language pathologists.

[Disability-Specific Medicaid Programs](#)

North Dakota Medicaid offers Home and Community-Based Services (HCBS) waivers to individuals who require full, comprehensive coverage and additional long-term support services that allow disabled individuals to live at home instead of in a long-term care facility. North Dakota HCBS waivers [include](#):

- ND Autism Spectrum Disorder (ASD) Birth through Seventeen Waiver: This waiver is for children ages 0-20 on the autism spectrum who need an ICF/IDD level of care. Examples of covered services include respite services, assistive technology, and care coordination.
- ND Children's Hospice Waiver: This waiver is for the medically fragile ages 0-21 who need a nursing facility level of care. Examples of covered services include case management, bereavement counseling, and palliative services.
- ND Medicaid Waiver for Home and Community Based Services: This waiver is for individuals 65 and older and individuals with physical or other disabilities, ages 18-64, who need a nursing facility level of care. Examples of covered services include home modifications, home delivered meals, and transitional living services.
- ND Medicaid Waiver for Medically Fragile Children: This waiver is for medically fragile children between the ages 3-21 who need a nursing facility level of care. Examples of covered services include the provision of dietary supplements, medical equipment, and family counseling.
- ND Traditional IID/DD Home and Community Based Services Waiver: This waiver is for those of any age with intellectual or developmental disabilities who need an ICF/IID level of care. Examples of covered services include adult foster care, parenting support, and extended home health care.

Through North Dakota's Family Paid Caregiver Pilot program, the state provides funds to family members who take care of Medicaid members (children and adults) who are enrolled in the state's HCBS waivers. The program was funded through the passage of [SB 2276](#) in 2023 but has since been extended until June 30, 2027 as a result of the passage of [SB 2305](#) in 2025.

North Dakota Medicaid includes a benefit, [Special Health Services' Financial Coverage Program](#), that helps families of children with special health care conditions pay for specialist services. The income limit is at or below 185% of the FPL. Examples of [qualifying special medical conditions](#) include cerebral palsy, cystic fibrosis, and cleft lip/palate. Relatedly, the state's Medicaid program

allows families with children with disabilities to [buy into](#) Medicaid. Families pay a monthly premium based on their family's income, which must be at or below 250% of the FPL. The buy-in program is available to those who have private insurance.

[Money Follows the Person Grant program](#) is a Medicaid program that allows Medicaid members with disabilities to transition from living in an institutional setting to a residential or community setting. Examples of covered services include the provision of technology related to health and safety, security and utility deposits, and home modifications.

[Aged, Blind, and Disabled adults](#) also can receive full Medicaid through the state's Medicaid program if their income is at or below 90% of the FPL. Those who are employed but disabled can also receive full coverage Medicaid if their income is at or below 225% of the FPL. Those in this eligibility category buy into Medicaid and pay a monthly premium based on their income.

[Multidisciplinary Clinic](#)

Participating multidisciplinary health clinics help families manage their child's chronic health condition. The clinics provide multidisciplinary team evaluations where families can see many different providers at one place and one time. The clinics' services are free and all children who might benefit are eligible to attend. Clinics provide diagnostic evaluations, coordinated care, follow-up care, and access to specialty medical care. The 10 clinics across the state serves children with:

- Cleft Lip/Palate
- Cardiac care needs
- Metabolic disorders
- Cerebral Palsy
- Developmental assessment needs
- Myelodysplasia
- Diabetes
- Neurorehabilitation
- Asthma
- Autism

7. Care for Children

7.1 Childcare

[ND Working Parents Child Care Relief](#)

This program is a shared investment by employers, the state, and working parents that aims to attract and retain employees, specifically parents who need childcare and may be experiencing challenges associated with the high cost of infant/childcare. Participating employers provide a monthly childcare paid benefit and "opt-in" for a Working Parents Child Care Relief state match at the \$150 or \$300 level. A list of participating employers can be found [here](#). Eligibility requirements include meeting all the following criteria:

- Having a gross household income of up to 150% of the state median income
- Having an employer who participates in the program and offers a paid childcare benefit
- Working in the state of North Dakota
- Raising children from newborns to 60 months
- Having children who attend a North Dakota licensed childcare program

Child Care Assistance Program

This program helps pay a portion of the cost of childcare for working families, families in training programs, or families in education programs. The program is also available for those who are temporarily homeless and looking for employment, education, or training activities. Eligibility requirements can be found [here](#). Due to the passage of [HB1540](#) in 2023, this program no longer has fees for families that have an income below 30% of the state's median income.

Crossroads Program

This program “supports parents up to age 21 by helping pay a portion of their childcare and transportation costs so they can continue their education.” Those who are eligible must meet all the following criteria:

- Be pregnant
- Be pursuing an education
- Be under the age of 21 (except in the cases where parents are already participating in the crossroads program and enroll in a bachelor's degree program, in which case, they are eligible until the degree is completed)
- Be parents (unmarried or married)
- Be the primary caregiver of the child
- Be North Dakota residents
- Live in the same home as the child

7.2 Children's Health Care

North Dakota Newborn Screening Program

This program ensures that all babies born at the 11 participating birthing facilities in North Dakota undergo three screenings before being discharged from the birthing facility: a blood spot screening, hearing screening, and critical congenital heart disease screening. Newborn screening is mandatory; however, parents may refuse the services. It is important to note that while this program is required, parents pay for these services as a part of the cost to deliver their child.

Vaccines for Children

This is a federal program run by the CDC and administered at the state level. States enroll qualified physicians to serve eligible children and provide them with routine vaccines. This program helps North Dakota residents, ages zero through 18, who may not otherwise have access to vaccines by providing free vaccines to doctors and practices that have agreed to serve these families.

Medicaid for Children

North Dakota residents under 19 can qualify for full-coverage Medicaid if they meet the citizenship or immigration [requirements](#) as well as income guidelines. The income of all people (such as a legal parent or stepparent) included in “family size” is counted. For children ages zero through five, the income limit is at or below 152% of the FPL. For children ages six through 18, the income limit is at or below 138% of the FPL.

North Dakota’s Early Periodic Screening, Diagnostic and Treatment ([EPSDT](#)) benefit (otherwise known as Health Tracks/Well-Child Check) provides health coverage for well-child visits and diagnostic screenings for all children with actual or potential health issues, under age 21, who are enrolled in Medicaid. This mandated Medicaid benefit screens children with actual or potential health problems to treat them before they become permanent disabilities. Preventive health services are also available to Medicaid-eligible children under age 21.

CHIP

This program provides health insurance coverage to children whose families make too much money to qualify for Medicaid but not enough to pay for private insurance. It is for children 18 years and younger who don’t have private insurance and are North Dakota residents and U.S. citizens. The income limit is at or below 205% of the FPL.

7.3 Family and Parenting Education

[North Dakota Child Protection Program](#)

This state program focuses on encouraging all state residents to report child abuse and provides abused and neglected children with protective and treatment services. The program gives grants to community-based child abuse prevention activities and provides families with parenting education classes.

[Nurturing Families Program](#)

This program is a free 16-week parenting education program that helps families develop healthy and nurturing parenting techniques. Parents and children attend together, and the classes are sponsored by Children and Family Services Division within the North Dakota Department of Human Services. At some locations, the families’ meals, childcare, and transportation are covered.

[Right Track](#)

This is a free developmental screening and follow-along program for children (birth to three years old). Right track consultants provide these screening services in families’ homes. The consultants also provide information on child growth and various childhood concerns such as sleep, nutrition, toileting, and other challenging behaviors.

[Head Start and Early Head Start](#)

This is a federally funded program that coordinates with service sites to educate low-income parents of children aged birth to five on child development and school readiness. Head Start typically serves children between three and five, and Early Head Start serves infants, toddlers, and

pregnant women. The program is free to low-income families at or below federal [poverty guidelines](#). Children whose families receive public assistance, are in foster care, or are experiencing homelessness are also eligible regardless of income. The state's Head Start program is administered by the federally funded North Dakota Head Start Collaboration Office.

7.4 Adoption

[HB 1176 \(2023\)](#)

This legislation established an adoption income tax credit equal to 10% of the federal adoption tax credit. The tax credit cannot exceed 50% of the taxpayer's liability.

[Adoption Assistance](#)

This program provides adoptive families, regardless of income, with financial and medical support by giving them monthly stipends and Medicaid coverage for the adopted child. Only children who are considered "special needs" and adopted out of the foster care system or another public entity can be eligible for these forms of assistance. Children adopted from private agencies are not eligible for this assistance. Special needs children must meet one of the following criteria:

- Be over the age of seven
- Be a racial minority
- Be a member(s) of a sibling group that is placed together for adoption
- Have a physical, mental, or emotional disability or be at high risk of having one

7.5 Foster, Kinship, and Short-term Care

[Education and Training Voucher](#)

This federally funded program provides those in foster care when they turn 16 and those in the state's kinship-guardianship program with college tuition waivers. Youth can receive up to \$5,000 a year for tuition or other qualified school-related expenses. Other requirements include:

- Youth must be enrolled in an accredited college or vocational/technical training program and make progress toward completion of their degree.
- Youth must apply annually for the voucher.

ETV funds can be accessed for a maximum of five years until the youth's 26th birthday.

[18+ Continued Care](#)

This program helps eligible foster children up to the age of 21 transition to adulthood and live outside of the foster care system. The program also helps them remain in family foster care (licensed foster homes, licensed supervised independent living program, college dorms, Job Corps, etc.) while they are learning independent living skills. Eligibility requirements can be found [here](#).

[KinshipND](#)

Separate from North Dakota's kinship aid given through TANF, this federal program is administered by the state and gives one-on-one support, resources, and referrals, as well as limited financial assistance to full-time caretakers of children who are not their own.

[Medicaid](#)

In North Dakota, children who are in foster care are eligible for Medicaid. Similarly, if a child aged out of foster care and was enrolled in Medicaid at the time of aging out, they are eligible for Medicaid until they turn 26 years old.

7.6 Safe Haven and/or Baby Boxes

[Safe Haven Law](#)

North Dakota does not have any Safe Haven Baby Box locations, but it does have a Safe Haven law. This law allows for a parent or parent's agent (another person acting with the parent's consent), who feels they are unable to take care of their baby, to surrender the baby without facing prosecution for abandonment. The baby must be under one year of age and surrendered to an on-duty staff person working for a licensed hospital or other approved location determined by administrative rule.

Miscellaneous

[Choose Life License Plate](#)

North Dakota drivers can purchase "Choose Life" vanity plates from the state's Department of Transportation local offices. Part of the proceeds from the sale of the plates are donated to the North Dakota Right to Life organization.

This is a non-exhaustive list of programs, current as of January 2026, intended to make information easily accessible to moms and families. Program details are subject to change. Readers should always consult with the appropriate state agency for the most accurate and recent information. The information in this summary is for educational purposes only. CLI does not take a position on the merits of any specific program.

This document was compiled by Mia Steupert, Elyse Gaitan, and Tessa Cox.