EARLY HEAD START HELPS YOUR CHILD:
Learn through fun games, songs, and activities
Develop physical skills and hit milestones when they’re ready
Improve social skills by playing with other kids and adults
Get ready to learn even more as they grow

EARLY HEAD START HELPS YOU:
Learn how to support your child’s growth and development
Increase learning opportunities at home
Meet and connect with other parents of young children
Build a strong relationship with your child

What’s Next?
When your child turns three they may be eligible for the Head Start program. Head Start is designed for children ages three to five to prepare them to start kindergarten. We are here to support your child’s school success every step of the way.

CALL TODAY to Enroll or Learn More!
Find the Early Head Start program near you
1-877-PRE-K-KID (1-877-773-5543)
www.prekkid.org

Your Family Can Participate in EARLY HEAD START if You:
Are Pregnant and/or Have Children 0-3 Years Old
Are Low-Income
Receive Public Assistance
Are Homeless
Want to Enroll a Child that is in Foster Care

Los Angeles County Office of Education
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Building a Strong Foundation

From birth to age three, Early Head Start programs give low-income children and their families the opportunity to develop skills for school readiness. When your child starts school ready to learn, they are more likely to be successful throughout their school years. In fact, at Early Head Start you can get resources and support to help your child even before birth. And all Early Head Start programs and resources are free!

FAMILY SERVICES:
Family life is key to your child’s success at school. Our staff will help you set and reach family goals, and connect you with resources in your community.

HEALTH SERVICES:
A healthy child is a happy child! We’ll work with you to make sure your child is getting regular medical and dental checkups and care, so they can grow up strong.

NUTRITION:
A healthy diet is the fuel for a strong start. We provide nutritious snacks and help families make healthy food choices at home. We also offer nutrition information and resources for pregnant women.

SPECIAL NEEDS:
We work closely with you to check developmental milestones and identify if your child is experiencing any delays or could benefit from additional assistance or services.

Children Who Complete Early Head Start Programs:
- Develop Basic Skills More Quickly
- Connect Better with Parents
- Play Well with Others

Early Years, Vital Learning

Children grow and change so much in the first three years! Your child is learning from the moment they are born, and it’s important to make sure they reach developmental milestones when they’re ready. Early Head Start is here to help! Our staff is specially trained to provide responsive, encouraging care and to offer the structure and routine that makes very young children feel secure.

Early Head Start programs provide daily routines to nurture your child’s curiosity and build relationships with caregivers in a safe, fun environment. We also use activities like storytelling, playing with toys, and making art, so they can learn through doing.

Support For Your Whole Family

For MOMS-TO-BE
Early Head Start programs also provide services and support for pregnant mothers. We can help you make sure you’re getting the nutrition you need to support your baby’s development, and teach you ways to help them learn and grow after they’re born. Taking care of yourself and your baby is the first step towards helping them succeed!

Early Head Start gives your child and your family the support to help make sure everyone stays healthy, happy, and successful.

FIND THE RIGHT PROGRAM FOR YOUR FAMILY

We offer two different Early Head Start programs. Call us today to find out which program is available in your area:

CENTER-BASED:
These programs take place outside of the home at a learning facility. Some can accept children as young as 6 weeks.

HOME-BASED:
Early Head Start staff will come to your home once a week and work with you and your child. We will teach you how to nurture and support your child’s development at home. Plus, twice a month you can get together with other parents and young children to talk, play, and learn.