

Is Your Child Eligible?

**EARLY HEAD START** for Your Infant & Toddler

Early Head Start helps infants, toddlers, and pregnant women and their families. Together, we work to give your children the very best start in life. Pregnant mothers can go to parenting classes and enjoy a variety of resources and services. Your child can start in the Early Head Start program as soon as they are born and will continue in the program until they turn three, when they transition to the Head Start program.



**HEAD START**



**CALL TODAY to Enroll or Learn More!**



**Your Family Can Participate in Head Start if You:**

- Are Pregnant and/or Have Children Newborn to Three Years Old (Early Head Start Program)
- Are Low-Income
- Receive Public Assistance
- Are Homeless
- Have Children Three to Five Years Old (Head Start)
- Have Children in Foster Care

**STUDIES SHOW CHILDREN WHO GO TO PRESCHOOL ARE:**

**MORE** likely to graduate high school  
**MORE** likely to be employed

**LESS** likely to rely on public assistance  
**LESS** likely to be involved in crime

Find the Head Start program near you  
**1-877-PRE-K-KID (1-877-773-5543)**  
[www.prekkid.org](http://www.prekkid.org)



**Make Sure Your Child is READY for School.**  
**HEAD START Can Help.**

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# Give Your Child the HEAD START Advantage



Head Start and Early Head Start programs serve low-income children and their families, from birth to age five. And they're free! At Head Start, your child receives an early childhood education that gets them ready for school. And when children are prepared to start kindergarten, they are more likely to be successful throughout their school years.

- At Head Start, Your Child Gets Ready for Kindergarten by:**
1. Doing activities that help prepare them to learn, connect with other kids, understand their feelings, and control their body
  2. Developing language and reading skills
  3. Practicing being a good citizen, playing fair, and accepting others
  4. Playing in a safe indoor and outdoor educational setting
  5. Taking part in planning their daily activities

## Support for You and Your Child



### EDUCATION

Head Start helps get your child ready for school. With educational activities that fit with your culture and language, your child will learn in the way that is best for them.



### FAMILY SERVICES

Our staff works with you to create family goals and make a plan to meet those goals. We also help you find more resources in your community.



### HEALTH SERVICES

Medical and dental health is vital to your child's success and we make getting the care they need a priority. We'll work with you to make sure they receive regular medical and dental check-ups and connect your family to free or affordable resources.



### NUTRITION

Eating well fuels growing minds and bodies! We provide healthy meals and snacks, and evaluate each student's nutritional needs. We also work with our families to encourage healthy choices and provide resources for home.



### SPECIAL NEEDS

We screen every child to understand their unique needs. Children with special needs are included in all activities, and our staff will help connect families to the resources that can best support their children.

## Making Learning Fun

With Head Start, your child will enjoy activities and lessons that are fun, educational, and prepare them for success in school, including:

- Art, Science, Reading, and Writing
- Safe, Outdoor Play
- Learning Activities for Their Age and Ability
- Dramatic Play, Dance, and Body Movement
- Sharing Ideas and Experiences

### A CARING, QUALIFIED STAFF

Our staff is committed to giving your child understanding, acceptance, and an environment for learning and success. Head Start teachers are required to have a degree in Early Childhood Education or a related field.

## MANY WAYS TO MEET YOUR CHILD'S NEEDS

Half-day sessions are provided by all agencies; some offer full-day, year-round programs

Some programs offer services in a classroom

Home-based programs are available

Combination programs provide services in a classroom and at home

Family child care services are available in a home environment in some communities

Get Involved!



Parents and families can be a part of Head Start in many ways:

- ★ Volunteer for classrooms and activities
- ★ Join the LACOE Head Start Parents and Teachers Association (PTA)
- ★ Serve on the Head Start Parent Committee or the LACOE Policy Council