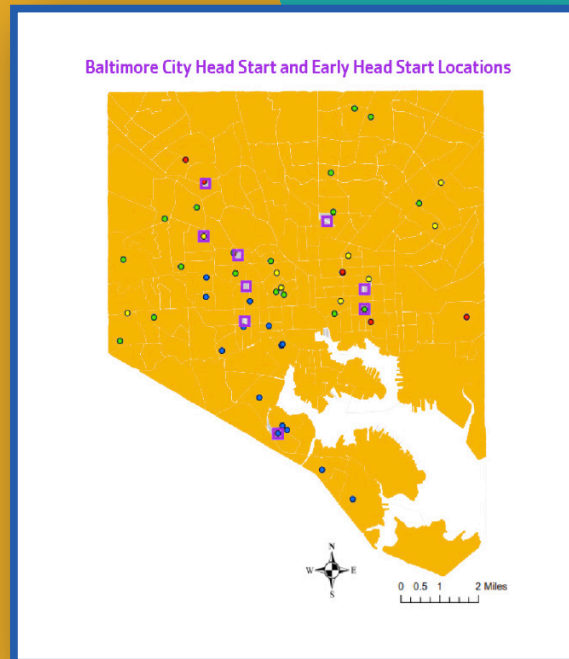


## Your Family can participate in Head Start if You:

- Have children age six weeks up to their third birthday. (Early Head Start Program)
- Have children three to five years old (Head Start)
- Are low-income or receive public assistance
- Are homeless
- Have children in foster care
- Are a Baltimore City resident

Head Start and Early Head Start programs serve low-income children and their families, from six weeks to age five. And they're free! Early Head Start provides full day, year-round services.

Head Start follows the school year with full day programming. A limited summer program is available.



## Where Can You Find Us?

Early Head Start and Head Start Programs are located throughout Baltimore City and are operated by 5 independent Agencies.

### Main Offices and Contact Information for the Head Start Agencies

#### Early Head Start

□ Maryland Family Network 410-659-7701

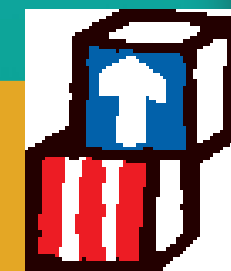
#### Head Start

● Catholic Charities 667-600-3783

● Baltimore City Head Start 443-226-3969

● St. Vincent De Paul 410-276-5724

● Y in Central Maryland 410-400-1091



Head Start can help.

Make sure your child is ready for school.



## Studies show that Children who go to Preschool Are:

Less Likely to rely on Public Assistance

More Likely to be Employed

More likely to graduate High School



**Early Head Start** helps infants, toddlers and their families.

Together, we work to give your children the very best start in life. Parents and Guardians 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 six weeks of age and will continue in the program until they turn three, when they transition to the Head Start program.

**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 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 to get your child ready for school. With an approved curriculum and educational activities that fit with your culture and language, your child will learn in the way that is best for them.

### Family Services

Family Service Coordinators work 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 essential 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 child'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 including help with Child Find referrals and the IEP process.

## Making Learning Fun

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

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



## A Qualified and Caring Staff

Our Teaching Staff are committed to supporting and nurturing your child in an environment carefully planned for learning and success. Head Start teachers are required to have college coursework and certifications in Early Childhood Education.

Family Services Staff are committed to empowering and supporting families. Family Service Coordinators have a college degree in Social Work or a related field.

All Head Start staff meet or exceed MSDE Office of Child Care requirements; including education, background checks, health screening, and continued training.



## Get Involved!

Head Start recognizes parents/caregivers as the child's primary educator, nurturer and advocate, promoting school readiness and strengthening the capacity of parents/caregivers to become involved in program decision making and participating as volunteers. Parents and families can be a part of Head Start in many ways:

**Learn to be an Advocate for Your Child and other Children**

**Serve on the Policy Council**

**Joining the Parent Advisory Committees**

**Volunteer for Classroom Activities**

The Baltimore City Head Start Collaboration wishes to thank the Los Angeles County Office of Education Head Start and Early Learning Division for sharing content that contributed to this brochure.