

## **Head Start and Early Head Start Video Transcript**

Hello. My name is Erin Thomson. I am a family navigator at the Waisman Center. Today, we are talking about Headstart and Early Head Start programs. We are going to answer these questions.

**What are Head Start and Early Head Start programs?**

**Why are Head Start and Early Head Start programs helpful?**

**What else is important to know about Head Start and Early Head Start programs?**

**How do you connect with the Head Start and Early Head Start programs?**

**And where can you learn more about Head Start and Early Head Start?**

First, let's answer the question **what are Head Start and Early Head Start programs?**

Head Start and early head start programs are for children from birth to age five. These programs provide services that support early learning and development, health, and family well-being. These programs focus on supporting low income families, but also prioritize enrolling children with disabilities. Early Head Start works with children ages birth through three. Head Start works with children ages three through five. These programs either take place in a home based setting or a center based setting. The goal of Head Start and Early Head Start is to support families in giving their child the best start in life.

Next, let's talk about **why Head Start and Early Head Start programs are helpful.**

Head Start and Early Head Start are there to support you as caregivers and to help your child. These programs help children get ready for school and life through everyday learning. Families get involved in their child's growth, and staff help families monitor how their child plays, learns, speaks, acts, and moves. Head Start and Early Head Start provide support for all family members, not just the enrolled child. This means that staff who work in these programs can help caregivers and family members connect to resources for anything that life throws at them. This could be resources for housing, education, employment, and more. Head Start and early Head Start can be especially important if your child has developmental concerns. It is important for kids to start learning when they are young. The earlier they can start, the better.

**What else is important to know about Head Start and early Head Start programs?**

For home based programs, visits can be scheduled at a time that works for you. Staff want parents to be involved, and they value your thoughts about what works best for your family. Staff focus on your family's strengths. You will develop a relationship with the person who visits your home. For center based programs, your child will have the opportunity to learn and interact with other children, building those skills that are so important. Parent involvement is still key, even if

your child attends a center based program. Most Head Start and Early Head Start programs are free. Services can be provided in your family's primary language. These programs are different from birth to three and services offered through child protective services.

**So how do you connect with Head Start or early Head Start?**

Connect with the Wisconsin Head Start Association or Well Badger to find your local program options. WIC or 211 may have helpful information on what is available in your area. Reach out to your local programs to ask about an application and eligibility criteria.

**Finally, where can you learn more?**

Please see the resource links in the video details. All of these resources are available through the QRS code on this screen. Thanks so much for joining us today. We look forward to seeing you next time.