

## Head Start and Early Head Start

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

- Programs for children from birth to age 5
- Support low income families, but also support children with disabilities
- The goal is to support families to give their child the best start in life

### How is it helpful?

- Help children get ready for school through every day learning
- Provide support and connection to resources for all family members
- The earlier children can start learning the better

### What is important to know?

- Staff want parents to be involved
- Staff care about your thoughts
- Most Head Start and Early Head Start programs are free
- These programs are different than Birth to 3 and services through Child Protective Services

### How do you connect?

- Wisconsin Head Start Association: (608) 442-6879
- Well Badger Resource Center: (800) 642-7837
- WIC
- 211

### Where can you learn more?

- The Head Start Approach: <https://eclkc.ohs.acf.hhs.gov/programs/article/head-start-approach>