

What is Head Start

Head Start is a Federal program for preschool children from low-income families. The Head Start Program is operated by local, non-profit organizations in almost every county in the country. Children who attend Head Start participate in a variety of education activities. They also participate in medical and dental care, have healthy meals and snacks, and enjoy playing indoors and outdoors in a safe setting. Head Start helps all children with disabilities. Most children in Head Start are between the ages of three and five years old. Services are also available to infants and toddlers in selected sites. There are four major areas of our Head Start Program which provide services to children and their families. The first is Education. We utilize the Creative Curriculum for early childhood.



UCHRA VAN BUREN HEAD START

Head Start

Our center-based program offers children bus rides to and from home. When they arrive at the center, they are greeted warmly by their teachers. They put whatever they have brought from home in a place which is their own to use everyday. Classroom time includes many different activities. Some teachers begin the day by asking the children to sit in a circle. This encourages the children to talk about an idea or experience they want to share with others. In some centers, the children plan their work. They may choose among art, playing with blocks or table toys, science activities, dancing to music, looking at a book or pretend house keeping. Children can switch activities if they prefer another challenge. Each day, they have time to work in a small group with other children and to play outdoors on safe playground equipment. During the day, children receive a 2 nutritious meals, a snack and brush their teeth. All the children are taught to wash their hands before meals, and are encouraged to develop good personal and health habits.

**GIVE YOUR
CHILD A
HEAD
START**

**Hand in Hand
Together We Can**



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Parent Involvement

Head Start offers you a sense of belonging, other support services, and a chance to be involved in activities to help your whole family. You can take part in training classes on many subjects, such as child rearing, job training, learning about health and nutrition, and using free resources in your own community. Head Start also offers assistance to parents



Be involved in your child's future and your own.

interested in obtaining a high school General Equivalency Diploma (GED) or other education opportunities. You can also have a voice in the Head Start program by serving on various committees such as, Parent Committee and Policy Council. Parents/Guardians experiences in Head Start have raised their own self-confidence and improved their ability to make decisions

Education

The most important goal of our early childhood curriculum is to help children become enthusiastic learners. This means encouraging children to be active and creative explorers who are not afraid to try out their ideas and to think their own thoughts. Part of our educational program is B.S.K. (Be Smart Kids) which is a computer based instructional program that gives your child a learning advantage. Our goal is to help children become independent, self-confident, inquisitive learners. We're teaching them how to learn



Education is our primary goal at Head Start

not just in preschool, but all through their lives. We're allowing them to learn at their own pace and in ways that are developmentally appropriate for their age and range of developing skills. We're giving them good habits and attitudes, particularly a positive sense of themselves, which will make a difference throughout their lives.

Health services

A Head Start child will also be examined by a skilled professional for any health problems. Professionals will arrange vision, speech and hearing tests and any needed immunizations. Children with health needs receive follow-up care. Mental health and other services are available for children and families with special needs. Some services include: Screenings of speech and language, thinking and hearing skills, mother skills, social and emotional development, vision, dental screenings, nutritious breakfast, lunch, snack each day and periodical height and weight measurements.



Family Services

Head Start is committed to supporting families. We help families identify their goals and support them in reaching them by using family strengths and community resources. This reinforces the gains made by children at Head Start. Services in this area include: information about community resources, resource directory listing services available in the area, emergency or crisis intervention, encouragement and support for parents efforts to obtain quality services they deserve, Head Start sponsored parenting classes and informative training's support for development and discipline issues, and help identifying concerns, needs and goals which the family may have. We have a transition specialist to help the children with school readiness skills for making the transition from Head Start to kindergarten. This includes, visiting the kindergarten teachers and class before they start, following and working with the children in the public school system to track children and see that they succeed. We also have a lending library full of books and power packs for children and families alike who wish to learn together at home.

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