

Head Start

Information for Parents

What is Head Start?

Head Start is a federally funded program that helps children from low-income families prepare for school, both academically and socially.

What does Head Start do?

Head Start programs support the growth and health of children up to age five by offering the following services at no cost to parents.

Early Learning: Head Start fosters school readiness and language development through instruction and play.

Health: Head Start offers children nutritious meals, oral health support, and health and development screenings.

Family Well-Being: Head Start offers families support and resources pertaining to housing, continued education, and financial security.



Interested in a
Head Start program?
Keep reading to learn
about eligibility.

The Benefits of Head Start

Head Start helps children and families in many ways.

- ▶ Head Start helps children develop math and language skills so they will be ready for kindergarten.
- ▶ Children who participate in Head Start have consistent medical and dental care more often than children who do not.
- ▶ Children who participate in Head Start have been shown to have lower instances of behavioral problems compared to children who did not participate.

Head Start Eligibility

The following children and families are eligible to participate in Head Start:

- ▶ Children birth to age five from families who fall below the poverty line for their family size, according to HHS Poverty Guidelines. Visit aspe.hhs.gov/poverty-guidelines for more information.
- ▶ Children from homeless families.
- ▶ Children from families receiving public assistance, such as TANF, WIC, or SSI.
- ▶ Children from foster families, regardless of the foster family's income.



To find a Head Start center near you, visit eclkc.ohs.acf.hhs.gov/center-locator.