

# IS EARLY HEAD START RIGHT FOR YOUR FAMILY?



## GIVING CHILDREN THE BEST START

The Early Head Start program at Children’s Hospital of Philadelphia encourages pregnant women and families to develop skills that will help promote their children’s growth and development during the first three years of life.

Due to the COVID-19 pandemic, we currently offer all programming virtually to keep children, their parents and Early Head Start staff safe.

The program also provides access to community resources that foster healthy, self-sufficient families and offers enrichment activities for children with disabilities. As always, Early Head Start is free for families.

## THE EARLY HEAD START DIFFERENCE

Early Head Start is a unique child- and family-centered program. It recognizes that families are the main teachers and nurturers of their children. Families can identify their own needs and interests, and can address them by using information and resources shared by the program.

While we are currently unable to follow our usual model of supporting children and families through home visits and parent-child play groups (socializations) at the Early Head Start center, your family will still receive personalized instruction and guidance from our staff.

How we operate now:

- We talk to families by using a secure, virtual program to assess your family’s specific needs.
- We partner with you to create a child development and parenting curriculum specifically for your family.
- Your home visitor will conduct virtual “home visits” with your family weekly.
- Your family will receive a remote learning box of carefully selected items – containing things like materials for art projects, toys that build fine motor skills and books – every couple of weeks to enhance your virtual home visits and to practice skills between visits.

- Families can tune into daily Early Head Start Live programming, delivered electronically. During the shows, staff cover topics such as nutrition information and healthy cooking demonstrations; parental mental wellness; Dad’s group; “Parent Café,” a 50- minute discussion of helpful topics; and engaging child events, such as music and story time or puppet shows.
- Early Head Start offers additional services for children with disabilities.

## WHO IS ELIGIBLE?

Early Head Start services are available to pregnant women and families with children under the age of 3. To qualify, you must have a family income at or below the federal poverty guidelines and reside in ZIP codes 19104 and 19139 in West Philadelphia.

For more information or to find out whether you qualify for Early Head Start, please call 267-425-9900 or visit our website at [earlyheadstart.chop.edu](http://earlyheadstart.chop.edu).

## LEADERSHIP OPPORTUNITIES

Early Head Start also provides leadership opportunities to interested parents through participation in its Policy Council.

The council represents the community and the families enrolled in the program and is involved in all aspects of program operations. Policy Council members help to hire staff, finalize policies and procedures, develop curricula, approve budgets, and help staff recruit new families.

Interested parents may nominate themselves to be part of the council.

## LEARN MORE!

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