



Head Start programs support children's growth from birth to age 5 through a variety of services, including early learning and development, health, and family well-being. Some Head Start preschool programs only serve families with children ages 3 to 5. Early Head Start programs serve families with children ages birth to 3, and many also serve expectant families.

Our programs help children get ready to succeed in school and in life through learning experiences tailored to their current needs and abilities.

These programs may be provided in different settings according to your needs, including family child care locations, your own home, and Head Start and Early Head Start centers.

All Head Start programs serve families from diverse cultural backgrounds and who speak different languages.

**Learn more by contacting
a program near you!**

Find out more about your family's eligibility
and program locations at
<https://acf.hhs.gov/headstart>.

Call (toll-free) 866-763-6481 if you
have questions.

OR

Contact this local program for more
information:



**Free early childhood
programs are available
to eligible families
with young children.**





Head Start Services for Children and Families

Children's Services

Early Learning and Development

- We build strong relationships as the foundation of early learning.
- We support learning through play, creative expression, and guided activities.
- We support children's social and emotional development.
- We promote early math and science concepts in children's home languages and in English.
- We promote language and literacy development in children's home languages and in English.

Health and Wellness

- We promote physical development, both indoors and outdoors.
- We serve breakfast, lunch, and healthy snacks.
- We provide medical, dental, hearing, vision, and behavioral screening.

Find out if your family is eligible for Head Start or Early Head Start services today!

Family Partnership and Well-being

- We provide parent and family services.
- We help families find assistance in challenging times.
- We help families identify and reach their goals, including goals related to housing, employment, education, and parenting.
- We invite parents to share information and insights about their child.
- We invite parents to offer ways to improve children and families' experience in the program.

Disability Services

- We build on children's strengths.
- We individualize experiences to meet the needs of each child.
- We collaborate with parents and community agencies when further assessment is needed.

Mental Health Services

- We help families understand and support their child's needs.
- We can assist with mental health services for children and families, if needed.