



## **Head Start Fact Sheet**

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Created in 1965, Head Start is the most successful, longest-running, national school readiness program in the United States. It provides comprehensive education, health, nutrition, and parent involvement services to low-income children and their families. Almost 20,000 children in Washington received Head Start, (including Migrant/Seasonal and tribal Head Start) or Early Head Start services in 2016. The majority of the children are 4 years old.

### **Providing a Wide Range of Educational Programming and Social Services**

Head Start's goal is get low-income children ready for school. This is accomplished by combining strong academic enrichment (pre-reading, literacy, vocabulary, and pre-mathematics skills) with a wide array of critical social services. One of the fundamental beliefs of the program is that a child who is not health, has vision or dental problems, or is hungry, cannot learn. Head Start truly focuses on the whole child. Head Start programs are required to provide children with two nutritious meals. They screen all children for health problems including physical, mental, and dental. Children in need of services are referred out to an appropriate provider and the program ensures that follow up services are received.

### **Getting Parents Involved with their Children**

Another key ingredient to Head Start's success is parent involvement. Head Start believes that a parent is a child's first and best educator. Parents are encouraged to volunteer in the classroom by reading to their children, joining field trips to museums, and assisting the program staff. Parents often participate in parenting classes, job training, and GED courses. Parents are taught the latest techniques regarding family literacy, child nutrition, and best practices. Some parents even take part in the governance of the program by serving on parent elected policy councils.

### **Help for Families in Need of Emergency Assistance**

Head Start families are often very poor and the majority of families have incomes below the federal poverty level (\$24,300 for a family of four). They often are in need of emergency shelter, medical services, and food and clothing assistance. Head Start programs provide families in need with housing subsidies, referrals to local shelters, help with their groceries and utilities, and domestic violence assistance among many other services if needed.

### **Serving Children with Disabilities**

At least 10 percent of Head Start's enrollment must be made up of children with disabilities. Often programs serve a large number of children with disabilities which range from speech and language impairment, developmental delays, social emotional problems, learning disabilities and autism. Head Start is open to all children regardless of need and each program provides children with individually tailored services to help them succeed.

## Studies Demonstrate Head Start Works

Reliable short and long-term research has demonstrated that Head Start works for children and families. Children who have been through the program are better prepared for kindergarten and do better in school. Some studies have even found that for every dollar taxpayers invest in the program they receive a return of \$9. The savings occur because children who have been through the program are less likely to repeat a grade in school, more likely to graduate from high school and college, and are less likely to commit a crime.

## Head Start by the Numbers *(all data from 2013)*

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### Children served

- 46 Head Start & tribal HS Programs
- 39 Early Head Start Programs
- 2 Migrant Head Start/Early Head Start Programs
- 19,730 children served in 16,422 slots

### Eligibility

There are several ways to qualify:

- Family income below the poverty line (\$24,300 for a family of 4)
- Family is on public assistance
- Family has a child with a disability;
- Child is homeless or in foster care
- Family above income guidelines, but program has slots available (rare)

### Agencies providing services

- Community Action (10 programs)
- Public Schools (8)
- Stand-alone non-profits (29)
- Government agencies (14)
- Tribal governments/consortiums (26)

### Demographics

- *Race/Ethnicity:* 56% white, 8% American Indian/Alaska Native, 10% African-American, 45% Hispanic, 4% Asian
- *Primary language:* 57.51% English, 31.37% Spanish, 4.08% African languages

### Health services

- 1,774 children referred for further medical treatment
- 2,055 children referred for dental care
- 2,087 children received mental health consultation or services

### Disabled children served

1,579 disabled children were served:

- 680 children with speech or language impairment
- 23 with physical impairment including deaf-blind
- 709 children with non-categorical/developmental delays, 26 children with autism

### Parents

- 30% have less than a high school education
- 37% have a high school education
- 22% have some college education
- 6% have at least a BA degree
- 70% of families have at least one parent working

### Services to families in need

- 4,842 families received emergency food, clothing, or shelter assistance
- 1,836 received housing assistance
- 9,373 received health or pre-natal ed
- 8,480 received parenting education

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### For more information, please contact:

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