



### Early Head Start's Mission

Strengthening children, families, and communities through quality education, comprehensive health and family services, and by fostering community partnerships.



### Early Head Start

#### Buffalo County

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Pre-Application Link



Pre-Application Link

# Early Head Start

A Program of  
**Community Action Partner-  
ship of Mid-Nebraska**



## Serving Pregnant Women, Infants, & Toddlers

*Giving Kids a Head Start on  
Education*

**Telephone: 308-865-5026**

## Ways Pregnant Women Can Qualify for Early Head Start

- Have a confirmed pregnancy
- Meet federal income guidelines

## Ways an Infant or Toddler Can Qualify for Early Head Start

- An infant or toddler that is younger than 36 months of age before July 31
  - Early Head Start will serve infant/toddlers 6 weeks to 3 years old
- Family must meet federal income guidelines

## To Apply You Will Need:

- Proof of family income
- Child's birth certificate
- Health provider's verification of pregnancy
- Child's immunization records
- Child's insurance information



## History of Early Head Start

In 1994, the Secretary of Health and Human Services formed an Advisory Committee on Services for Families with Infants and Toddlers to design EHS. EHS evolved out of Head Start's long history of providing services to infants and toddlers through Parent and Child Centers, Comprehensive Child Development Centers (CCDPs), Migrant and Seasonal Head Start programs, and other early child development and family support efforts serving families with very young children. Recent advances in the field of infant development emphasize the significance of EHS services. Mid's Early Head Start began home visits in August 2010 and the centers' opened January 17, 2011.

## Services for Pregnant Women

The Early Head Start prenatal program is for income eligible families. The focus of Early Head Start for expectant mothers is prenatal education and establishing appropriate support systems for the pregnant mother/family. Prenatal education topics include: prenatal care, nutrition, fetal development, labor and delivery, breast feeding, postpartum recovery, maternal depression, newborn health and prevention. The Early Head Start prenatal program is individualized to meet the needs of the expectant family.

## Early Head Start Home Based Program

The Early Head Start home based program is a comprehensive, individualized program serving children from birth to 36 months of age. Services for the home based program are delivered through the combination of four basic strategies: Home Visits, Group Socialization Activities, Focus on Parent Education, and Community Outreach.

### Home Visits

Home visits are conducted weekly by the Family Educators (minimum of 48 home visits per year) that last for the minimum of 1 1/2 hours each. The purpose of the home visit is to assist parents in fostering the growth and development of their child, as they are their child's first teacher.

### Group Socialization

There are two group socializations per month. These activities are designed so that parents are able to engage in activities with their child. Peer group interaction is tailored to children's interest in developmentally appropriate ways.

### Focus on Parent Education

Early Head Start parents are offered many opportunities to increase their understanding and skills in parenting young children.

### Community Outreach

Community outreach enhances home based services by establishing cooperative agreements and relationships with local agencies providing direct or indirect assistance to families in Early Head Start.

## Early Head Start Center Based Program

The Early Head Start center based program is a comprehensive, individualized program serving children 6 weeks to 36 months of age. Two Early Head Start classrooms operate Monday-Friday from 7:45 am– 2:45 pm, and two Early Head Start classrooms operate Monday-Friday from 8:00 am– 3:00 pm. Strong family partnerships, small child/teacher ratios, individualized care and a safe and appropriate physical environment provide the atmosphere for healthy early care and bonding between caregivers and young children.

### Strong Family Partnerships

Infants and toddlers will feel connected to the EHS staff person and the parent(s).

### Small Child/Teacher Ratio

The classroom guidelines for infants and toddlers require one teacher for every four children with a group size of no more than eight. Consistent caregivers attend to the needs of each infant/toddler.

### Individualized Care

Small child/teacher ratios allow teachers and very young children to be in-tune with one another. Teachers learn to accurately read cues and are able to predict the infant/toddler's interest and timing of their routine needs.

### Physical Environment

The physical environment of the infant/toddler group care setting is conducive to learning and reflects the different developmental stages of each child.