

What is Early Head Start?

Early Head Start (EHS) is a federally funded, child development program offered by Community Action. **EHS serves low-income pregnant women, children ages birth to three and their families.**

We prepare children for kindergarten while offering individualized support in the following areas: Physical, mental and dental health services; nutrition assessment and guidance; services to meet the special needs of children with disabilities and their families; and family case management support.



"It's fun. You get to talk with other parents."

Mother of an infant

Learning in the Home

In our home-based EHS program, you have the opportunity to have a Family Advocate work with you and your child in the comfort of your own home for 90 minutes each week. Family Advocates will provide fun ways for you to help your child learn and grow, put you in touch with community resources and help you provide positive opportunities for your child.

Your family home is already a rich environment full of learning opportunities. We want to help you enhance that environment by supporting your relationship with your child in an exciting way through home visits. In home-based EHS, we come to you!



Learning Can Be Fun!

By enrolling in EHS, you and your child will have the opportunity to enjoy activities and learning experiences together. Here are some details about what you can do in our program:



Engage in fun activities with your child like reading books or singing songs.



Visit with your advocate about what exciting things your child has experienced since the previous visit. *Did your child crawl, stand, walk or make a new sound?*



Set Goals with your advocate as you plan activities for your family and your next visit.



Review plans with your advocate about the activity for the week, then offer feedback about the activity.



Socialize with other enrolled families at playgroups. Playgroups can take place at Community Action, or sometimes at the local pumpkin patch, parks, water park, or other fun locations!



"When a parent is doing an activity, I step back. I want them to be in charge. If they need encouragement or help, I'll be there to help them."

A Family Advocate

How do I enroll my child?

Step 1

If you live in Lancaster County, call Community Action at (402) 875-9385, or if you live in Saunders County, call Wahoo Public Schools Head Start/Early Head Start at (402) 443-4250 to schedule a time to fill out an application. When you call we will talk about enrollment requirements and let you know what paperwork you will need to have at the time of application.

Step 2

Come to your scheduled appointment with all of the paperwork that you need, and fill out the application.

Step 3

When your family is invited into the program, you will receive a letter and a phone call from your Family Advocate to schedule a time for your first home visit.

"Our home visitor helps us think about how our baby is doing and gives us good ideas of things to do with him. She is like a friend who comes to our home to support us."

Mother and Father of an infant





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- Emergency Services
- Child and Family Development
- Homelessness Prevention Services
- Employment and Training
- Money and Savings
- Housing Services
- Community Services

Community Action Early Head Start Home-Based



"As a parent, you get a say-so about what's going on in the program. Parents make the choices."

Mother of a preschooler



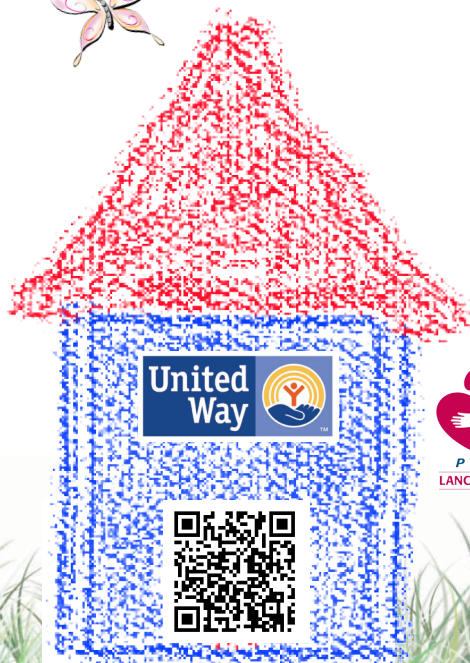
How can Parents Get Involved?

Serve on the EHS Home-Based Parent Committee!

As the parent of an enrolled child, you are **automatically** a member of the EHS home-based **Parent Committee**. As a member, you get to help develop program activities, advise staff about program policies, elect representatives to the Policy Council, and participate in hiring new staff.

Become a Member of Policy Council!

Policy Council is the decision making body of Early Head Start and Head Start. As a member of Policy Council, YOU have the opportunity to decide how Community Action runs its EHS program.



Serving Expectant Mothers and Children, Birth to Three

