



Head Start & Early Head Start

What is early childhood education?

- Early childhood education is the education of young children less than 5 years old in a structured setting. It is often referred to as preschool.

Why is early education important?

- Early childhood education plays a vital role in children's development. It provides a strong foundation for later academic, social, and emotional growth. During these formative years, a child's brain is like a sponge, absorbing new information and experiences at a remarkable rate. This critical period of brain development brings rapid cognitive, emotional, and physical growth for a child. It paves the way for greater learning capabilities. Once the baby is born, the brain kicks into high gear. The early years of a child's life, from birth to around the age of five, are generally considered the core of the critical period. The brain is incredibly absorbent during these years, taking in information rapidly. Everything from language to motor skills to social cues is being learned and processed extensively.

What are the proven benefits of early childhood education?

- Children who attend Head Start or preschool are more ready for kindergarten. Children who are ready for kindergarten are more successful in school. Head Start children are more likely to graduate from high school and attend college than their peers, according to a UCLA study.

What kind of activities typically take place in early childhood education?

Daily activities may include:

- Songs and read aloud
- Flannel board stories
- Block play
- Manipulatives Puzzles
- Music and movement
- Art expression
- Large/small group play
- Free play
- Field trips

What types of early childhood education are available?

- Private preschool
- Head Start and Early Head Start
- California State Preschool Program
- LAUSD Early Education Centers



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Private Preschool

- Private preschools usually require monthly tuition payments. There are many options including religious and secular schools.

Head Start and Early Head Start

- Is my family eligible?
 - In general, eligibility is based on family income and the age of your child. Early Head Start is for children birth to age three and pregnant mothers. Head Start is for children ages three to five years. Families who are experiencing homelessness, receiving SNAP, SSI, or TANF, or have children in foster care are also eligible. Contact your [local Head Start program](#) to find out more about eligibility.

What if my income level is too high?

- Good news! When available, Head Start programs can enroll a limited number of children whose families are above the income guidelines. [Talk to your local program](#) to see if your child is eligible.
- **How can I find a program near me?** [Click here](#) to find the Head Start programs near you! You can also call us directly at 1-877-PRE-K-KID (1-877-773-5543).

How do we enroll in a program?

- First, you need to find the program in your community. Your local program will provide you with answers to your specific questions and the required forms. They will also guide you through the process and let you know what to expect.
- How do I enroll my child in Head Start or Early Head Start? > Directs to Adam's [website](#) or [Sign-up form](#)