



Annual Report

Program Year 2018-2019



The Head Start Advantage

EVERY CHILD, REGARDLESS OF CIRCUMSTANCES AT BIRTH, HAS THE ABILITY TO REACH THEIR FULL POTENTIAL.

When disadvantaged children receive high-quality birth-to-five education, such as Early Head Start plus Head Start, the return on investment can be as high as 13%. Funded by the federal government, Head Start and Early Head Start's goal is to increase school readiness and social competence of young children in low-income families, understanding that children develop best in the context of their family and culture. Parents are respected as their child's first and most important teacher and caregiver.

- School Readiness

- Child Welfare

- Birth to Three

- Children's Health

- Parent Advancement

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“In the Head Start classroom, the teachers started noticing different things with Matthew. As a new mom, I just thought he was unique, creative. But the teachers helped me get him tested and he was diagnosed with autism and ADHD. It was very severe. By the time we caught it, he was already having fine motor skill delays. Head Start really helped Matthew get set up for kindergarten.”

– Rochelle



Idaho Impact

In 2019, 13 Head Start and Early Head Start Programs at 78 sites served:

4,945

Children
age 0-5

146

Idaho
Communities

1,443

Staff

39

Idaho
Counties

300

classrooms

6,852

volunteers

26,796

Home Visits

School Readiness

Advanced Literacy

Head Start children have better pre-reading, pre-writing and vocabulary skills.

Better engagement

Head Start children are able to pay better attention in school and engage in learning, as well as have more positive relationships with their parents, teachers, and peers.

Life-long skills

Head Start children perform better in cognitive and language development and have better executive function skills.

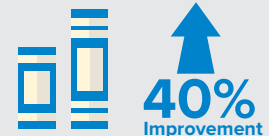
Head Start is the nation's most successful school readiness program. Children who enter the program in the fall at age 4 show **significant improvement** by the end of the school year and perform highly on school readiness assessments.

Math



80% of the children are ready for kindergarten without delays or remediation.

Language & Literacy



89% of the children are ready for kindergarten without delays or remediation.

Scientific Inquiry, Reasoning and Problem Solving



90% of the children are ready for kindergarten without delays or remediation.

Emotional, Social and Cognitive



90% of the children are ready for kindergarten without delays or remediation.

Child Welfare

Early Head Start children have significantly fewer child welfare encounters when they reach the ages of 5-9 years old and lower rates of reported physical or sexual abuse.

Less foster care

Head Start children are **93% less likely** to be removed from their homes and placed in foster care than those with no early education services.

Improved outcomes

Head Start enhances school readiness for children living in non-parental care and improves social-emotional outcomes for those in foster care.

Supportive services

Head Start increases families' receipt of supportive services and home visiting and improves parent involvement for children living in non-parental care.



Birth to Three

When disadvantaged children receive high-quality birth-to-five education, such as Early Head Start plus Head Start, the return on investment can be as high as 13%.



6%

of **eligible children** ages 0-3, had access to Early Head Start programs. **Families faced long waiting times and there were significant unmet needs.**

Early Head Start programs provide intensive comprehensive child development and family support services to low-income infants and toddlers under the age of three and their families, and to pregnant women and their families. Services encompass the full range of a family's needs from pregnancy through a child's third birthday.

Why the Early Years Matter

Children are learning from the moment they are born. Brain growth, approaches to life and learning, language skills are all shaped by what does – or does not – happen in a child's first days, months and years.

During the first three years, more than one million new neural connections are formed every second. These are the connections that build brain architecture – the foundation upon which all later learning, behavior and health depend.

Early Head Start children perform better on a wide range of cognitive measures, have better social skills, and exhibit significantly fewer behavioral problems and incidents of aggression.

Families in Early Head Start have more positive parent-child relationships, more stable and healthy home environments, and less involvement with the child welfare system.



Home Visiting

There were **26,796** Head Start and Early Head Start home visits in 2019.

Early Head Start is designed to nurture healthy attachments between parent and child (and child and caregiver). Home visiting is an integral part of the program, providing education and child development services in the home.

Most of Idaho's Early Head Starts are home-based and include weekly home visits and twice monthly group socializations.

Children's Health

Head Start children have more access to health care and have improved physical health throughout their lifetime.

Head Start children have healthier eating patterns, healthier BMIs, and are at lower risk of being obese or overweight.

By the end of the school year, children have received:

- Health and nutrition services
- Appropriate well child medical and dental screenings
- Mental health services
- Referrals for diagnosed health conditions (e.g. hearing, vision and asthma)



96% Had access to a primary physician



78% Were up-to-date on all immunizations



104

pregnant women were served by Early Head Start



177

children with veteran / active military parents were served by Head Start



4,640

children had continuously accessible health care



994

parents advanced their education level



642

children with disabilities were served by Head Start



252

children in foster care were served by Head Start



452

children experiencing homelessness were served by Head Start



273

children in the care of grandparents or other relatives were served by Head Start



4,352

children had continuous access to dental care



2,960

families participated in health education



364

families received job training



1,271

families received crisis intervention

Demographics

Services



Parent Advancement

When Parents Thrive Kids Thrive

Head Start empowers families and improves overall family stability and self-sufficiency.

Head Start enhances parent's education level, employment status and income.

Seeking education

Head Start parents have steeper increases in their educational attainment by the time their child is six years old.

Stable family life

Head Start families have fewer family conflicts and fewer parent-child dysfunctional interactions, which in turn reduces children's aggressive behaviors.

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“Head Start helped me make my dreams come true. My husband and I were out of work when we started Early Head Start. Our home visitor, Michelle, set us up with English classes. I told her I had a dream of working at a bank. Michelle got the application and we filled it out. I worked there five years. I don't have Michelle anymore, but Head Start filled me with confidence. I know I can do it myself and I will.” – Marcela C.

Head Start Healthy Start



Head Start Healthy Start is a campaign to increase the number of children and families served by Head Start and Early Head Start by securing funding from the state legislature. Parents and staff met with dozens of legislators and hosted five community programs in 2019. More than 60 parents participated in advocacy trainings and in meetings with legislators.

More than 2,000 kids are on Head Start waiting lists. Many more are unserved. State funds will help more kids and families benefit from Head Start services.

13 Head Start & Early Head Start Programs

BEAR RIVER HEAD START

Serving Bear Lake, Caribou, Franklin, Oneida and Southern Bannock Counties
(435) 755- 0081

COEUR D' ALENE TRIBE EARLY CHILDHOOD LEARNING CENTER

Serving the Coeur d' Alene Tribe in Kootenai and Benewah Counties
(208) 686- 8506

COLLEGE OF SOUTHERN IDAHO HEAD START Serving Cassia, Gooding, Jerome, Lincoln, Minidoka, Power and Twin Falls Counties
(208) 736- 0741

COMMUNITY COUNCIL OF IDAHO – MIGRANT AND SEASONAL HEAD START

Serving Migrant and Seasonal Farmworker Families in Ada, Bingham, Bonneville, Canyon, Cassia, Clark, Elmore, Fremont, Gem, Gooding, Jefferson, Jerome, Lincoln, Madison, Minidoka, Owyhee, Payette, Power, Twin Falls and Washington Counties
(208) 454- 1652

EASTERN IDAHO COMMUNITY ACTION PARTNERSHIP HEAD START

Serving Bingham, Bonneville, Lemhi, Madison and Teton Counties
(208) 522- 5391

FRIENDS OF CHILDREN AND FAMILIES

Serving Ada and Elmore Counties
(208) 344- 9187

LEWIS – CLARK EARLY CHILDHOOD PROGRAM

Serving Clearwater, Idaho, Latah, Lewis, and Nez Perce Counties in Idaho and Asotin County in Washington State
(208) 743- 6573

MOUNTAIN STATES EARLY HEAD START

Serving children birth to 3 and pregnant women in Bonner, Kootenai and Shoshone Counties
(208) 765- 6955

NEZ PERCE TRIBE MAMÁY 'ASNIM HITÉEMENWEES

Serving the Nez Perce Tribe in Idaho, Lewis, Nez Perce and Clearwater Counties
(208) 843- 7330

NORTH IDAHO COLLEGE HEAD START

Serving Benewah, Bonner, Boundary, Kootenai and Shoshone Counties
(208) 666- 6755

POCATELLO/CHUBBUCK SCHOOL DISTRICT #25 HEAD START

Serving Bannock County
(208) 233- 6606

SHOSHONE- BANNOCK TRIBES HEAD START

Serving the Shoshone- Bannock Tribes in Bannock, Bingham and Power Counties
(208) 239- 4500

WESTERN IDAHO COMMUNITY ACTION PARTNERSHIP HEAD START

Serving Canyon, Gem, Owyhee, Payette, Valley and Washington Counties
(208) 642- 9086

Idaho Head Start Association

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For a full listing of programs, data and research findings, and Head Start news, please visit idahohsa.org

