The Impact of Head Start and Early Head Start on Educational and Health Outcomes

Head Start and Early Head Start
- Goal: To “boost the school readiness of low-income children through a ‘whole child’ approach” though preschool education, medical care, dental care, mental health care, nutrition services, and parent support and education (Puma et al., 2009).
- Head Start – ages 3 to 5
- Early Head Start – prenatal development and infants/toddlers as young as newborns

Improvements in Development – Head Start Study (2002-2006) (Puma et al., 2010)
- Starting HS at 3 years: Math, pre-writing, oral comprehension, vocabulary, hyperactivity, dental and health status, parent reading, family cultural enrichment activities, and socio-emotional development.
- Starting HS at 4 years: Improvements in language, vocabulary, literacy, dental care, and socio-emotional development
- *Both groups showed a closer and more positive relationship with their parents and social skills or approaches to learning.

Poverty and Head Start
- 30.7% of residents in Washington Heights live below the poverty line.
- 44.9% of residents in the Bronx live below the poverty line. (New York City Department of Health and Mental Hygiene, 2009).
- Test scores and college enrollment tend to be lower in high-poverty areas
- Research shows higher education and early intervention programs may lead to higher income/earnings and lower rates of substance use and abuse. (Ju, 2009) (Plisko, 2010)

Head Start Programs in Washington Heights and the Bronx
- Finding information was extremely difficult and required lots of follow-up.
- Most programs did not have correct information listed or no longer existed.
- The best website with the most up-to-date information was the Head Start Sponsoring Board Council: [http://www.headstartsbc.org/headstart_agencies.html](http://www.headstartsbc.org/headstart_agencies.html).
- In these areas, 95 programs exist for Head Start and only 6 exist for Early Head Start
- Every program had a waitlist, except for two in the Bronx. These waitlists are typically very long with some containing over 100 children.

Registration
- Parents can either walk-in or call ahead to schedule an appointment.
- Parents must bring at least the following four documents: birth certificate, immunization records, proof of income, and proof of address. Some programs required additional information.
- Proof of income includes: pay stubs, W2 form, or 1040 form
- Proof of address includes: Con Edison bill, copy of lease, or a form from a city agency.
Works Cited


