



Three Rivers Community Action, Inc.



## HEAD START

### A Preschool Program Focusing on Parent and Child Development for Families with Children Ages 3-5

*Un programa pre-escolar enfocado en el desarrollo de padres y niños para familias con niños de 3-5 años de edad.*

#### Now Enrolling in your Area!

Serving Goodhue, Rice and Wabasha Counties

#### Ahora Estamos Matriculando (registrando) en su Area

Serviendo en Goodhue, Rice and Wabasha Counties

- H **Serving 3 and 4 year old children and their families since 1966**  
Sirviendo a niños de la edad de 3 a 4 años y a sus familias desde 1966
- H **Nutritious, family-style meals**  
Alimentos nutritivos, estilo o clases de comidas para la familia
- H **Transportation MAY be provided**  
La transportación podra ser facilitada
- H **Experienced, caring, professional staff**  
Personal profesional con experiencia y cuidado
- H **Field trips, creative arts, math, science and dramatic play**  
Viaje al campo, artes de creatividad, matematicas, ciencia y drama
- H **Opportunities for parent participation**  
Oportunidades y participacion para los Padres
- H **NO COST to families, must meet income eligibility requirements**  
NO COSTOS (ES GRATIS) para la familias, deben tener eligabilidad y requisitos de ingresos
- H **Families who have children with special needs may apply**  
Las familias con niños con necesidades especiales tambien pueden aplicar
- H **Parents are the primary educators of their children!**  
Los Padres son los primeros educadores de sus hijos

**For information call your local Three Rivers Community Action, Inc.**

**Head Start or our main office at 1-800-277-8418 Ext. 153**

Para más información llamar a su oficina local Three Rivers Community Action, Inc.

Head Start o a nuestra Oficina Principal al numero 1-800-277-8418 Ext. 153

- H Faribault (866)-644-4510 or (507) 333-6450 *Call this office if you speak Spanish  
Llame a esta oficina si ud. habla Español*
- H Zumbrota (800)-277-8418 or (507) 732-7391 ext 153
- H Wabasha (800)-277-8418 or (507)-732-7391 ext. 215



## Frequently Asked Questions about Head Start



**What is Head Start?** Head Start is a quality child development program, of Three Rivers Community Action, Inc., for pre-school age children and their families. **There is NO COST to families who are accepted in the program.**

**What does Head Start do for families?** For the family of a Head Start child, the program offers the opportunity to connect with, and deal with issues such as health and dental coverage, and transportation. Our family support includes resource information and referral, as well as assistance in meeting the families' goals.

**What does Head Start do for children?** The children have the opportunity to work and play with other children their age, and to practice the skills that they will need in kindergarten. Head Start provides a balance of active and quiet activities, as well as inside and outside play.

**Are meals or snacks served to the children?** YES! Every child receives a nutritious, balanced lunch and breakfast or snack which meets 1/3 to 1/2 of a child's daily nutritional needs.

**Is transportation available?** Transportation **MAY** be provided for families. This is dependent upon where you live and the time frame of the bus route. Children under 50 pounds are required to be buckled into a five-point seat restraint.

**Who is accepted into Head Start?** To be eligible for the current program year, your child must be three years old on or before September 1<sup>st</sup>. Families must live in either Goodhue, Rice or Wabasha county. Families must meet income guidelines. Opportunities are available for children with special needs.

### When is a child considered having special needs?

To be considered a child with special needs, written documentation must be provided demonstrating the child has been diagnosed with one or more of the following conditions:

visual impairment including blindness  
physically disabled / orthopedic impairment  
mental retardation

autism  
hearing impairment including deafness  
speech / language impairment  
emotional / behavioral disorder

traumatic brain injury  
developmental delay  
specific learning disability

**How do I apply for Head Start?** Fill out an application and return it to a Three Rivers office. Be sure to include 12 months PROOF OF YOUR FAMILY INCOME. Your application will not be processed until all income information has been received.

**What are the income guidelines for the program?** Income means gross cash income (before taxes) from all sources. Call for more information.

Persons in Family Unit	Income Guidelines
1	\$ 10,400
2	\$ 14,000
3	\$ 17,600
4	\$ 21,200
5	\$ 24,800
6	\$ 28,400
7	\$ 32,000
8	\$ 35,600
For each additional person add	\$ 3,600

**If I apply for Head Start, does that mean my child is in the program?** If you apply, remember it is an application ONLY and does not guarantee acceptance or enrollment in the program.

**When will I find out if my child has been accepted?** You will receive a letter notifying you of your child's acceptance in the program, or letting you know your child's name has been placed on our waiting list.

**How often would my child attend?** Depending on your location, different programs are offered. Call for more information.

**Center-Base Program:** (*Faribault, Northfield, Red Wing, Wabasha, and Zumbrota sites*) A child development program that meets four half days per week and includes two home visits and two parent conferences each year. Activities are planned that focus on all the developmental areas of each child. A nutritious breakfast/snack and lunch are provided. This program operates September – May.

**Full Day Program:** (*Northfield site only*) A child development program that meets four full days per week and includes two home visits and two parent conferences each year. Activities are planned that focus on all the developmental areas of each child. A mid-day rest period and a nutritious breakfast, lunch and snack are provided. Parents/guardians must either be working 30 hours per week or be enrolled full-time in an educational program (trade school, college, etc.), or a combination of work and school to be eligible for this program.

**Are parents encouraged to participate in the program?** YES!! Parents are welcome to volunteer their time and talents in many different areas of the Head Start program.