

A PARENT'S GUIDE

TO THE PACT EARLY HEAD START HOME BASED PROGRAM

Welcome to our Early Head Start home –based program!

Introducing the Home-Based option

Home Visits

Imagine your child two years from now, five years, ten years, as an adult. What do you want for your child? What do you want your child to learn? What kind of person do you want your child to be?

The EHS home-based option was created to help you help your child reach these goals- and others you may not have dreamed of yet! We believe in you! We are here to support you

Once a week, a parent child educator will come to your home. Your home visit will last 90 minutes. You, your spouse or partner, and anyone else living in your home will be invited to take part in the home visit.

You will talk together about your child and how things are going for your family. Together you will plan activities for you to do with your child during home visits and during the week between visits. You will become partners in helping your child learn and grow.



What you can expect during a home visit

The main focus of a home visit is your child's development. During each visit, an activity or experience will be presented for you and your child to enjoy together. Here is a list of things that usually occur:

- Talking about what happened during the week
- Reviewing plans for this week's activities
- Carrying out the activities
- Talking about how things went, what you both observed
- Sharing information about program or community activities
- Discussing any needs you have
- Planning for the next week

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

Play Dates

Twice a month, you and your child will be invited to attend socializations where you will meet other families in the program. You will have time to get to know other parents and share interesting experiences. Your home visitor will be there too. These “play groups” happen at a local community space such as library, park or church.

What you can expect during play dates

This is a time for you, your child and other parents and their children to come together. You can build on the goals you set during home visits. The focus is your relationship with your child.

If you are a parent of a new baby, you can help her observe how others are playing while you hold her or lay her in a safe place for tummy time. She can share in music activities by listening to songs and finger-plays. Humans are made for social interactions from birth. From birth, babies are aware of other people and are eager to build relationships. They interact with you by making eye contact, smiling, cooing, reaching out and over time, by talking.

Toddlers and twos can start interacting with other children. They can learn to take turns and make choices and play cooperatively with peers.

No matter what your child’s age, group play dates will give you a chance to:

- Be out of the house and meet others
- Assist in organizing activities

- Share what you know and learn with other parents and staff members
- Learn that you are not alone in the challenges and joys of raising a young child
- Strengthen your relationship with your child

Parent Committee

You can also take part in Early Head Start in other ways. One of the special things about Head Start is that mothers and fathers are truly involved. As a parent of an enrolled child you are automatically a member of your program’s Parent Committee. Through the Parent Committee you can help develop curriculum activities that address your child’s needs and interests. You will be invited to attend parent meetings at the nearest Head Start center. You can share experiences with other parents, enjoy learning new skills or information and do activities with your children. You and the other parents help plan the meetings and activities.

Policy Council

You may decide to run for Policy Council.

As a member of this group, you will help make hiring decisions, policy decisions and plan for the future of the agency. This group works with the Governing Board and management staff to build partnerships with families and the community. The Policy Council meets monthly, usually in Quincy or Camp Point.

