

## What Other Teen Parents Want You to Know about Early Head Start

Narrator: Are you a teen parent who wants to know more about Early Head Start? Maybe you've already heard a little bit about it: That it's a free program that can help you reach your goals as a parent to your baby or toddler -- whether you'd like help with your prenatal appointments or appointments for your child, or if you want more information on healthy food for you and your baby, or maybe you just want someone to talk to about how your child is growing. Maybe you're looking for a safe place to live or you want to graduate from school or find a job. Early Head Start can help!

Early Head Start is in lots of communities. The program in your community might offer free, safe, high quality child care or visits in your home with someone you can talk to who knows a lot about young children, parenting, and resources in your community that can help.

We asked teen parents in a variety of Early Head Start programs what they would say to teens who were thinking about getting involved in a program. This is what they said:

Jasmine: I would definitely get involved with Head Start, because it has helped my -- me and my daughter together, so much. It has helped me get involved with her and know what she needs, what she likes. It has helped her with her vocabulary, her social development, almost everything, and it's just been an all-around great experience.

Ashlei: Really... It's an amazing program. It's an amazing program. I -- actually, after my son has been in there, I'm not sure I would want to put him anywhere else but in a Head Start and Early Head Start. It's an amazing program. They -- they help you. They -- in -- in multiple ways. I guess I can't -- I can't recommend it enough.

Karla: To do it. To -- honestly, it would be, like, the best thing they could do for their kid and themselves. Yeah.

Davon: Just go ahead and do it. Do it; it benefits everyone. It benefits your whole relationship and your whole family, and not doing it is -- your life's just going to be the same. See, my life is different, because I know what my daughter and what my wife want out of me, and they know what I want out of them, because we all understand each other.

Kysia: It's hard when you're a teen mom. You don't have that -- that support you might need, as other parents do. So, this is something you could really grasp onto and you could really get help with. So, I would really recommend it -- that you would do it.

Stassi: Totally go to Early Head Start, because it's awesome, and your kid will be totally fine. I mean, they will learn the ropes of him or her-- I don't know what kind of kid you got. But, yeah, I'm sure they're very different than all the other kids there -- like every child is. Every child is different from one another. But they take care of them and their needs. They know what's what. If you tell them what's up, they will tell you -- okay, I will do this with him. And they will keep trying. They're not just going to, like,

be, like -- hey, I can't take care of your kid, go take him home, we can't have you anymore. They will keep trying. And they care about you, and they care about your kid, and they want you to know that you can go and you can get your education, and you can be a teenager, and you can have fun. And then, you can come back, and get your kid, and, you know, have fun still. Still go to school and be a normal teenager. So, yeah. Go there.

Carleigh: If it weren't for Early Head Start and this school, I wouldn't be where I'm at today. I would not be in school, I would not be graduating. It's -- amazing at what they do. They're amazing people. Amazing teachers. It's just really awesome to have all that support, and people that love you and care for you.

Jerome: This program has done a lot for me, and, I'm sure that you can benefit from it, because I'm, a success story, from being a part of this program, and my daughter is, too. And, I would say, just take a -- a chance, you know? Like, take a risk to go into it and you won't be disappointed in, the outcomes are -- the outcomes can be, endless. So, I would feel that, you would benefit and your child would benefit, so I would say, get a part of this program.

Narrator: Sometimes, parents have questions like, how am I going to get there? And is it really free? Someone helped all of these parents get the answers to their questions, and a staff member can help you answer yours too. Go to the Head Start Locator at [eclkc.ohs.acf.hhs.gov](http://eclkc.ohs.acf.hhs.gov) to find a program near you and talk to a staff person. We hope that you can be a part!