

## Is Home Visiting Right for Me?

Narrator: You have choices. There are hundreds of books, blogs, and websites that offer advice on how to support your child's early learning. And we're pretty sure your mom, grandma, and complete strangers in the supermarket are happy to chime in too.

So, why Head Start, and why home visiting? We tailor home visits to you and your family's needs and goals. We match you with a home visitor, who'll get to know you and your child, plan with you, provide you with guidance and support, and answer questions as they come up. We work with your schedule. Are you in a job training program? In school? Both? We can handle that. Need to change your schedule from time to time? We can handle that too. No travel. We'll come to you. No carfare, snowsuits, or strollers needed. No judgments.

The Head Start home visiting program serves 70,000 families each year. We know how exhausting being a mom or a dad can be, and we're here to support you. Finally, the Head Start home visiting program is free for families who meet the eligibility requirements. Sound good?

Here's what we need from parents in the program. A commitment to meet each week, and to let your home visitor know in advance if you can't make a scheduled meeting. A quiet space where you're staying for each visit. An ability to attend twice-a-month get-togethers, where you'll meet other parents and their kids. Usually during the day or early evening. A willingness to share the joys and challenges of raising your child and preparing them for success in school and later life. Some Head Start programs offer services to pregnant women as well. If you enroll while pregnant, you and your baby can receive services through the home visiting program right after birth.

If you think the home visiting program is right for your family, contact a local Head Start program in your community. You can find one near you by searching center locator on the Early Childhood Knowledge and Learning Center, or ECLKC, at [eclkc.ohs.acf.hhs.gov](http://eclkc.ohs.acf.hhs.gov).