



## What is Head Start/Early Head Start?

### Head Start and Early Head Start

Are free early childhood programs for pregnant women and for children from birth to age 5. These programs help children from low-income families get a healthy start and become ready for school. Head Start is a free pre-school program for 3-5 year-old children from low-income families. Early Head Start serves pregnant women, infants, and toddlers.

### Am I eligible?

The Head Start program is for children between 3 and 5 years of age from families with limited income. Early Head Start is for low-income pregnant women, infants, and toddlers. You must live in your program's service area.

### What benefits will I get?

You and your child can get many different services to help your child's social, physical, and educational development. You can get health screenings, nutrition counseling, and safety education. Your child can take part in play groups and educational activities. If you are pregnant, you can get parenting training and referrals to health and social services. Head Start/Early Head Start staff members try to help your family in any way they can.

### How do I apply?

Many cities and towns in Massachusetts have Head Start and Early Head Start programs. To apply, you should call the local program in your community.

You can use the [Head Start Locator](#) or you can call Head Start toll-free at 1-866-763-6481 to find a program in your area. A Head Start/Early Head Start staff member will set up a home visit with you. During the home visit, you will fill out an application. You will need proof of income, and a copy of your child's birth certificate and immunization record.