

**“Building Partnerships”  
and  
“Strengthening Families”**  
through  
young children  
0-3 years of age  
and pregnant women



## ELIGIBILITY

- Families who meet income guidelines—household income at or below 100% of federal poverty level.
- You are pregnant in your second trimester.
- You have a child under age three.
- You have a child under age three with special needs.

## COST

Early Head Start is **FREE** to eligible families .

*Funded by the U.S. Department of Health & Human Services, Administration for Children & Families*

**For more information or to apply for this program, contact the FiveCAP Early Head Start office in your area:**

**Lake County FiveCAP, Inc.**  
2476 W. 44th St., Baldwin  
(231) 745-4617

**Manistee County FiveCAP, Inc.**  
265 First St., Manistee  
(231) 723-8327

**Mason County FiveCAP, Inc.**  
302 N. Main St., Scottville  
(231) 757-3785

**Newaygo County FiveCAP, Inc.**  
434 N. Evergreen, White Cloud  
(231) 689-6688

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**FiveCAP, Inc. (Main Office)**  
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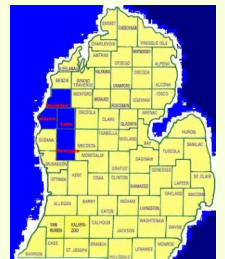
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## FiveCAP, Inc.



**FREE** early childhood development program in **Mason, Lake, Manistee, and Newaygo** counties, Michigan





## It's Never too **Early** for a **Head Start**

Preparing for a newborn can be a difficult task. EHS staff works with you as a pregnant mother, starting in your second trimester, to prepare you for parenting. Parenting a newborn, infant or toddler is a rewarding yet challenging experience. Early Head Start is a **FREE** early childhood development program staffed by caring professionals that help you succeed at being your child's first teacher.

Through a weekly visit to your home, and two playgroups a month, Early Head Start staff will help you accomplish the following.

- Prepare for the birth of your child.
- Enhance the growth of infants, toddlers, and children.
- Development of effective parenting skills.
- Collaborate with community agencies in supporting needs and goals.

## Services offered by **EARLY HEAD START**

### Home Visits

Early Head Start staff work with parents to support their child's development. Visits are weekly, last 90 minutes, and are planned by both the parent and the EHS Home Visitor together.

### Playgroups

Twice a month, you and your child will have the opportunity to attend a playgroup (called Socialization). This is a chance for you to meet other parents and for the children to interact with one another.

### Health Services

Early Head Start staff work with your family to ensure that your child is up-to-date on a regular schedule of immunizations and well-child checks.

### Developmental Screenings

Early Head Start Specialists will provide regular developmental screenings for your child. These screenings help to ensure that your child is developing appropriately, and help in setting goals.

**Early Head Start**  
Prenatal to 3 Years

*Transition to.....*

**Head Start**  
3 to 5 Years

## What can Early Head Start do?

- Prepare pregnant mothers for their job as a parent.
- Support parents in their role as the child's first and primary teacher.
- Help children get ready for school.
- Help with attachment and bonding relationships.
- Help families become self-sufficient.
- Provide access to quality healthcare.

