

How Head Start Families Make It Work



Behind every family is a story. Child Care Resource Center (CCRC) and partner agencies have helped parents find care, strengthen their families, and build stronger communities with Head Start. Hear firsthand how it's changed lives.

Head Start

Head Start helps American families make it work by providing a comprehensive program to support children and families promoting school readiness, long-term educational success, and overall family well-being.



My son has now spent a year in the care of his Early Head Start program. He now knows his days of the week, the alphabet, and can tell elaborate stories. He is much more social and his facial expressions are more pronounced when he talks. He used to mix up his language before coming to the Early Head Start program, saying things like, "boy" when referring to a girl and vice versa. I'm grateful for the program and through it I have been able to access community resources.

- Mother in Stockton, CA Congressional District 9

2018 was a tough year. I was new to Antelope Valley and did not have any support due to living far away from family. I was financially struggling and in danger of becoming unhoused. CCRC helped me seek employment in the city where I lived and provided safe quality childcare. Had it not been for the Early Head Start program, I'm not sure where my daughter and I would be. Thanks to CCRC I am able to provide for my family.

- Mother in Palmdale, CA Congressional District 27 or 28

My daughter has been attending the Early Head Start program since she was 1 1/2 years old and is now 3 1/2 years old. She is a "learning sponge" and the social learning has been so helpful in her development. I work full-time at a community medical center and I know that the cuts proposed at the Federal level would impact my family and my patients at work. I am grateful for the help Early Head Start provides my family, and it would be a big challenge financially if Early Head Start and child care was not available to me.

- Mother in Stockton, CA Congressional District 9

My daughter just turned 4 in July and has been at Early Head Start since she was 6 months old. My daughter shares her toys, she's constantly learning, and she is independent. She eats healthy meals there and is very social because of the program. As a single mom working as a cold meat packer, I wouldn't know what I would do without the help I received. Without the community resources and child care help (including the food that my daughter is served), it would be hard for me to make ends meet and give the care that my daughter needs.

- Single mother in Stockton, CA Congressional District 9



My son has been in the Early Head Start program for 2 years. He is now 4 years old, and he is open to learning and gets along with the other children. My son can count to 100 and can count to 1,000 by the tens place value. I work as a house cleaner and do nails. So, for me, I greatly depend on the program and I see the health benefits of my son attending also because he is open to trying new foods and he is eating more. I am so appreciative of the program.

- Mother in Stockton, CA Congressional District 9

My daughter participated in the Early Head Start program in Stockton, CA. There's been a big difference in how my daughter behaves. She now shares her toys with other children and she does not fight with other kids. She's friendlier when she interacts with children she's never met. My wife and I moved to Stockton from San Jose, and we have no family here to help with our daughter while we are working. I work in a warehouse in Lathrop, and I wouldn't be able to do this without child care and the help we've received from EHS.

- Father in Stockton, CA Congressional District 9

During her time at Head Start, my daughter was able to bond, not only with teachers, but also with other students, something she had struggled with before. My daughter struggled with anxiety (which I was not aware of) and during one of our parent conferences, her teacher brought it to my attention. This led me to seek evaluations for her and landed her in therapy, supporting her needs, that I didn't even know she needed.

With the support of the teachers and now her therapists, my baby girl was able to overcome many fears and excel and went on to kindergarten. I truly believe that placing my daughter into the Head Start program set her up for success. She is an advanced student reading at an almost 5th grade level and surpassing her classmates in math, receiving the highest test scores.

Head Start gave me the opportunity to finish my career and land a job at the best place, as well as support my daughter's needs beyond just education.

- Single mother in Canoga Park, CA Congressional District 32

I have four children aged 11-33 and all four of them went to Head Start. The program drastically helped my family as I was unable to pay for preschool. Their experiences at the schools were amazing- to say the least. Teachers/staff were all wonderful! I could not have been able to get my children the social skills required to enter kindergarten without Head Start.

- Single mother in Santa Clarita, CA Congressional District 27

I like the emphasis on social skills and Head Start getting the kids playing together, doing activities, reading and writing skills, recognizing everybody's name. Just teaching them to be good citizens, how to look out for each other, how to make sure that that your friend is okay and included and participating without putting some kind of emotional burden on the kids. At Head Start, their meals and everything are provided and they eat family style in the classroom. They make sure that the kids know what they're eating and how to share. But I see a lot of things in Head Start that are consistent with our family values and the value that we have. I see them being holistically cared for in a lot of ways that I really appreciate.

- Mother in Twentynine Palms, CA Congressional District 23





My son participated in the Early Head Start program in Stockton, CA. My son has only been in the program a short time, but since he's been there he is talking more and is also speaking more Spanish. I work in construction and having the care is helpful to my family with the cost of living.

- Father in Stockton, CA Congressional District 9

I have a client who is 29 months old and the older sibling was previously in the Early Head Start Home-based program. Their mom has made many sacrifices and worked hard to finish her AA in Child Development. She shared that she wants to be a teacher in Early Head Start. One of her goals is to complete her BA as soon as she can to start working on applying. She is attending Valley College in San Bernardino, CA. Early Head Start made it possible for her to attain a college degree by having her children in our program.

- A Story from a Family in Rialto, CA Congressional District 33

My family advocate through the Head Start program is very helpful, kind, and stays on top of business. The center director knows every little thing that is happening at the school with not only the children but the teachers and parents. The real stars are the teachers though. They are nurturing and assertive just like an extra set of parents. My son had a speech delay and has made phenomenal improvements since starting at the center. The teachers always make sure my son's education is a collaborative effort between all of us, keeping me informed of any progress he makes or things we need to work on. I really appreciate them!

- Mother in Lancaster, CA Congressional District 27

The Child Care Resource Center is more than we think it is; it has many opportunities for those who want to grow in education. The staff they have are very professional and encourage you to keep going and never give up on your dreams and goals. I was able to be part of the Parent Policy and serve as vice president at one of the Head Start schools where my two children attended. I met many people who encouraged me to continue my education and helped me feel more confident by believing in me and putting their trust in me. Now, here I am in the Apprenticeship program, and I love it.

- Mother in Palmdale, CA Congressional District 27 or 28

Head Start not only provided my children with a strong foundation for their educational journey but also offered invaluable comprehensive services and developmental screenings. These screenings played a crucial role in identifying potential developmental delays that I might not have recognized otherwise. For instance, my daughter was initially assessed by her Head Start teacher, who thoughtfully conducted a rescreening to confirm the results. Due to these findings, further referrals were made, leading to a formal diagnosis of a cognitive disability years later. The early intervention and resources provided by Head Start equipped me with the tools necessary to seek appropriate support, and today, my daughter is a well-adjusted, competent, and thriving young woman. Her journey is a testament to the value of early childhood screenings and intervention.

- Mother from Adelanto, California Congressional District 23

My parents immigrated from Mexico in the late 70s and met in California. When I was born in 1988 in California, my first language was Spanish because my parents knew limited English. My mom heard about the Head Start program somehow and enrolled me, and my grandma would make the long walk to the bus stop to take me in the early mornings. I started learning English at that time and have vivid memories of the songs I learned and my parents coming to spend time there with me. Beautiful memories!

- Mother in Orange, CA Congressional District 45 or 46

I started out as a pregnant Head Start parent. My home visitor came weekly and taught me how to be a mother and how my baby should be growing. My home visitor pushed me to do better for myself, to go outside and I even started college for early childhood development! My home visitor was with me for almost 5 years through my first two girls. I then applied to Head Start and became a sub, and then an associate teacher and then a family worker. I worked with Head Start for 5 years before I left and became a supervisor of another childcare center. I am a single mother who fully supports myself and my community and all I was at first was a young mom who needed help!

- Mother in Mount Sasha, CA Congressional District 1

These stories have been edited to remove staff, parent, and child name or edited for clarity.



We're all in this together - learn how each program's critical funding makes an impact on California families.



Journey of a Child Care Dollar

Child Care and Development Block Grant (CCDBG) program funding goes to community-based agencies to help parents access child care while they work or attend school.



Journey of a TANF Dollar

Federal Temporary Assistance for Needy Families (TANF) program provides cash assistance and supportive services to eligible families with children.



Journey of a Medi-Cal Dollar

Medi-Cal provides needed health care services for families with children, persons with disabilities, children in foster care, pregnant women and people with specific diseases.



For more information, please email Communications@ccrcca.org.



**See More
Success Stories
Here**



**Share Your
Personal Story
With Us**