



# 2011 Annual Training Conference



## The Earliest Years: How Head Start Programs Benefit Young Children in Poverty





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**Farzana Siddiqui, Director of Child Development,  
Washington County Community Action Head Start**

Ms. Siddiqui has over 20 years' experience in the field of child development, including 14 years of Head Start management and 6 years of direct early childhood education experience. Under her direction, the program has received several awards, including a 2008 City of Beaverton Diversity Award recognizing the positive impact of Community Action's Early Head Start program on immigrant families. She holds a Bachelors degree in Elementary Education, Masters degrees in Chemistry and in Counseling Psychology, and is a Psy.D candidate in Clinical Psychology at the School of Professional Psychology, Pacific University. She reports directly to the Community Action Executive Director.

## The Earliest Years: How Head Start Programs Benefit Young Children in Poverty



Farzana Siddiqui  
Director of Child Development  
Community Action Head Start

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### What are the effects of child poverty?

- Physical health
- Mental health
- Wellbeing of children
  - Home
  - school
  - communities
- Poverty is linked with negative conditions

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### What are the effects of child poverty?

- Greater risk for negative outcomes:
- Poor academic achievement
  - Dropping out of school
  - Abuse and neglect
  - Behavioral and socioemotional problems, physical health problems, and developmental delays.
- Barriers to access physical and mental health care

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### Poverty and academic achievement

- Adverse academic outcomes
- Concentration and memory
- Ability to learn
- School dropout rates higher for teens.
- Greater academic achievement gap
- Schools lack resources to meet learning needs

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### Poverty and psychosocial outcomes

- Risk of behavioral and emotional problems
- Harsher parenting behaviors
- Unsafe neighborhoods
- Entry into the juvenile justice system

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### What is Head Start?

- Economic Opportunity Act of 1964
- Part of President Lyndon Johnson's War on Poverty
- Created in 1965 as a summer program for at-risk low-income children
- Program options expanded to meet demand
- Currently administered by the Administration on Children, Youth, and Families – part of the U.S. Department of Health and Human Services
- Reauthorized by Congress every five years

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## The Head Start Mission

President Johnson announced the program on May 18, 1965, saying:

"Nearly half the preschool children of poverty will get a head start on their future. These children will receive preschool training to prepare them for regular school in September. They will get medical and dental attention that they badly need, and parents will receive counseling on improving the home environment."

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## Goals of Head Start

**Ensure educational success of low income children**

**Children who complete Head Start are fully prepared for school!**



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## Who gets into Head Start?

- Criteria for Eligibility:
  - Income
  - Age
  - Criteria points
- Head Start (3-5 yrs old) funded slots: 669
  - Waiting list: 455
- Early Head Start (0-3 yrs old) funded slots:111
  - Waiting list: 86
- Placement of Foster Children in HS and EHS



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## What does Head Start do for children?

- Research Based Curriculum
- Social and emotional development
- Health Screenings
  - Vision, hearing, speech, height & weight
- Medical and dental homes
- Developmental assessments, nutrition assessments, referrals
- Mental Health Consultation
- Partnership with NWRESD - children with special needs
- Meals - breakfast, lunch, snacks




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## What does Head Start do for families?

- Family goals
- Referrals for services
- Parent Training Fund
- Leadership developments opportunities
  - Volunteers
  - Parent Site meetings
  - Policy Council
  - Parent Leadership Summit




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## Foster children in Head Start

Foster children in program: 31  
 Collaboration: Head Start and DHS

- Recruitment and Enrollment
- Child Welfare Referrals
  - ARRA expansion
  - Home Based Program Option
- Child Welfare Advisory Board
- Challenges and Barriers




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## Foster children in Head Start

Collaboration with  
Department of Corrections:  
Coffee Creek Program

- Services to incarcerated mothers
- Eligibility, Recruitment, and Enrollment
- Working with Caregivers
- Parenting skills training
- Transitions




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## Child Educational Outcomes

- Research-based Creative Curriculum - Teaching Strategies, Inc.
- Fall, Winter, and Spring checkpoints - children's development in several dimensions measured
- Teachers record the levels of children's development in each area on a scale of 0 to 9.
- 0 = Not yet (no development)
- 9 = Fully developed




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## Educational Outcomes for Foster Children

Representative sample of foster children in our program during the 2010-11 program year. Results were measured at Fall and Winter checkpoints. All children made gains in all dimensions measured.

Dimension	Fall Checkpoint	Winter Checkpoint
Social - Emotional Development	5.19	6.56
Physical Development	6.30	6.95
Language Development	5.75	6.84

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## Educational Outcomes for Foster Children

Each dimension has several objectives. For example, Social-Emotional Development objectives include making friends, managing feelings, and responding to emotional cues. Mathematics objectives include understanding shapes, counting, and comparing measurements.

Dimension	Fall Checkpoint	Winter Checkpoint
Cognitive Development	5.77	6.38
Literacy (Reading readiness)	4.19	5.19
Mathematics (Readiness)	4.40	5.43

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## How can Head Start help facilitate the return of a child home sooner?

Support for children:

- **Stability**
  - Secure attachments
  - Nurturing environment
- **Health & Developmental screenings**
  - Early Identification of developmental delays/special needs
  - Referrals
- **Immunizations**
- **Medical and Dental homes**




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## How can Head Start do to facilitate the return of a child home sooner?

Support for caregivers parents

- Parenting classes
- Respite Care
- Aligning Head Start family goals with DHS expectations of the parents
- Linking with community resources
- Parent training funds
- Transitions




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### What could DHS do to facilitate this?

- Enhancing system for regular referrals
- Minimizing changes during transitions
- Support for Head Start staff
- Ongoing Collaboration of Resources
  - Trainings for staff
  - Parenting classes for parents



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### Our vision for the future



- **QUALITY**
- **INNOVATION**
- **EFFECTIVENESS**
- **RESULTS**

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### Questions or Comments?



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