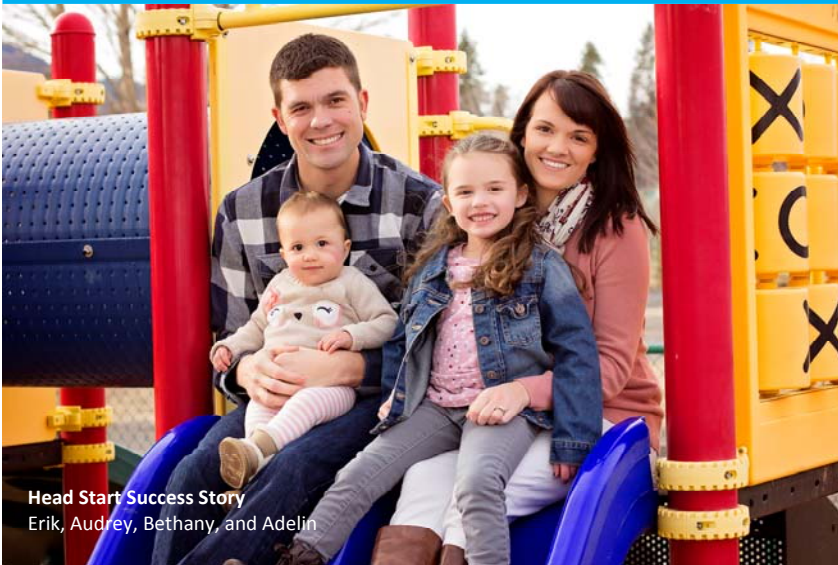


# California Head Start Family Outcomes Bulletin 2015



Head Start Success Story | Head Start Supports the Whole Family | Focus on Parenting Skills

Winter 2015



Head Start Success Story  
Erik, Audrey, Bethany, and Adelin

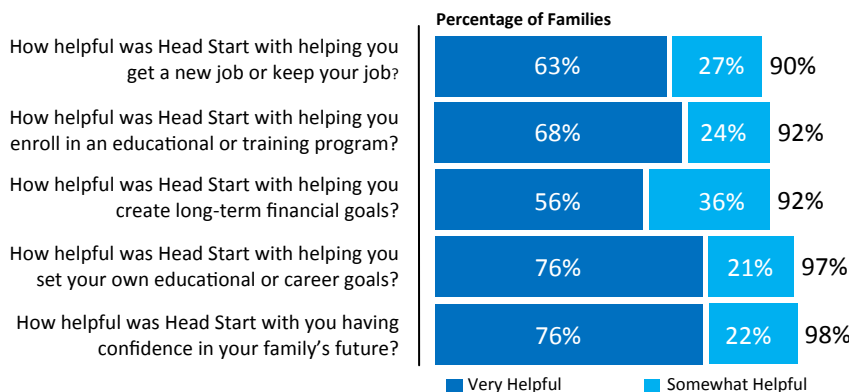
## Head Start Puts Young Mom On A Road to Success

**B**ethany was in an uncertain time when she found Head Start. As a strong-willed seventeen year-old, she moved away with her boyfriend and spent the next three years in an unhealthy relationship. After having her daughter, Adelin, Bethany left that relationship. She was in a scary situation as an unemployed, single mother and moved back in with her parents.

Then she found Head Start. Bethany enrolled Adelin in Early Head Start and found that the program did far more than just take care of her daughter; it helped take care of her. Bethany connected with a Family Engagement Worker and other staff who helped with parenting, health services, and career support. “The staff were an inspiration,” Bethany said. With their support, she was able to both work part-time and go to college.

Bethany’s positive experience with Head Start can be found all over California. Across the state, 68% of Head Start and Early Head Start families have working parents. Twelve percent of Head Start and Early Head Start parents are enrolled in an education or training program. Parents across California found Head Start and Early Head Start’s “two generation” approach (supporting both the child and the parent) critical to inspiring and sustaining their drive for more education. CCR Analytics conducted a family outcomes survey with nearly 11,600 California Head Start and Early Head Start parents in more than thirty programs from across the state. For parents who needed help, 92% found Head Start helpful or very helpful in enrolling in an educational or training program. For 98% of parents, Head Start helped increase their confidence in their family’s future. Of course, work and education are only part of Bethany’s and thousands of other parents’ story. (continued)

## MORE THAN QUALITY EARLY EDUCATION — HEAD START HELPS THE WHOLE FAMILY SUCCEED



**Head Start Serves the Whole Family**  
Head Start and Early Head Start do not just educate children, these programs support the whole family with parenting skills, health services and career support.

**Head Start Serves the Working Poor**  
Sixty-eight percent California’s Head Start and Early Head Start families have at least one parent working. Despite the rigors of work and

parenting, 12% of parents are also furthering their education and find Head Start a great resource to support their career development.

### Survey Demonstrates Impact

The CCR Family Outcomes Survey completed by nearly 11,600 California Head Start and Early Head Start parents from across California confirms the tremendous impact these services have on families.

## CCR Family Outcomes Survey

The CCR Family Outcomes Survey was created following an approach to measuring family outcomes developed at the University of North Carolina. The survey is focused on the question of how much parents and families benefited from participation in the Head Start and Early Head Start programs. It is structured around the family outcomes identified in "The Head Start Parent, Family, and Community Engagement Framework" written by the federal Office of Head Start. For more information, please visit [www.ccr-analytics.com](http://www.ccr-analytics.com).

## Linking Family Outcomes to Child Outcomes

In a pilot study conducted in the spring of 2014 with a California Head Start, CCR Analytics was able to link data from the CCR Family Outcomes Survey to the child's development data for each family. The results showed very clearly that benefits to the family correspond to more robust development of the children. It provides further evidence that supporting the parents and the whole family helps to better nurture the child.

## California Head Start Family Outcomes Bulletin 2015



The California Head Start Association is the unified voice providing leadership and advocacy for the Head Start community.

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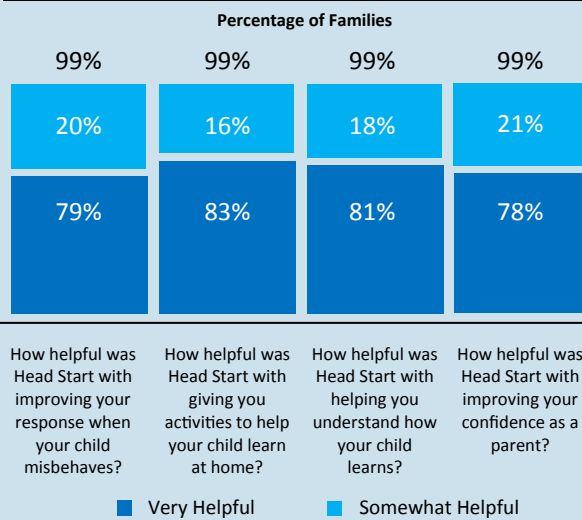


### Continued. Head Start Helps Single Mom On A Road to Success

Bethany's path to success was not easy. All too often, little Adelin was as strong-willed as her mother. Early Head Start was able to help here too. Bethany was able to meet with a behavioral specialist and identify Adelin's sensory issues. With a better understanding of Adelin, Bethany was able to respond in a variety of new ways. She worked with teachers to make small changes in the classroom, adjusted how she responded to Adelin and even got Adelin new socks. Early Head Start and Head Start helped Bethany to grow as a parent and in turn help her daughter to blossom.

Today, Bethany is married with her second child (Audrey), working a stable full-time job, and making 62% more per hour than before she started her degree program. Adelin is in Kindergarten, already a great reader

**99% Percent of Head Start Families Surveyed Found the Head Start Improved Parenting Skills**  
Survey Includes nearly 11,600 California Head Start and Early Head Start Parents from Spring 2014.



Like Bethany, Head Start parents consistently find the program helpful in their own growth as parents. While Adelin completed two years of Early Head Start and then a year Head Start, Bethany completed college.

and excelling in her class. Bethany is enthusiastic in her appreciation and her praise, "I feel Head Start certainly helped Adelin and was wonderful for her development, but it was also huge for our family and for my growth."



### Parents Value Head Start

Surveys of customer opinion are subjective. But by putting those opinions within a greater context they can reveal a great deal about the program. Many businesses and social programs would love to have their customers gush praise about their services, but few of them can match the response of Head Start parents. More specifically, CCR Analytics has established Head Start specific benchmarks allowing individual programs to identify their relative strengths and weaknesses. The bottom line: you can learn a lot talking to Head Start parents.

### 2015 PARTICIPATING AGENCIES

- Baldwin Park Unified School District
- Casa Blanca Head Start
- Central CA Child Development Services
- Ceres Unified School District
- City of Oakland Head Start
- Coachella Unified School District
- Desert Sands Unified School District
- Empire Union School District
- Encompass Community Services
- Episcopal Community Services
- Fresno Economic Opportunities Commission
- Hemet Unified School District
- Jurupa Unified School District
- Keyes Union School District
- Lake Elsinore Unified School District
- Merced County Office of Education
- Modesto City Schools
- Moreno Valley Unified School District
- North Coast Opportunities
- Palm Springs Unified School District
- Palo Verde Unified School District
- Riverside County Office of Education
- Riverside Unified School District
- Romoland School District
- Salida Union School District
- San Jacinto Unified School District
- Santa Ana Unified School Head Start
- Sierra Cascade Family Opportunities
- Stanislaus County Office of Education
- Turlock Unified School District
- Waterford Unified School District