

Value of Head Start Programming

Educational Activities	\$5,291.75
Health Services	\$687.93
Meals	\$1,217.10
Transportation	\$1,058.35
Field Trips	\$211.67
Family Support Services	\$2,116.70
Average Cost per Child	\$10,583.50

Cost to Families \$0.00

www.foinc.org



The leader in developing innovative solutions that promote healthy lives, thriving families, and caring communities



Opportunities For Otsego
3 West Broadway
Oneonta, NY 13820

www.foinc.org/hs

Early Head Start and Head Start serve children and families of Otsego County through home visiting and center-based services.

Head Start centers are located in the following communities:

- Cherry Valley
- Cooperstown
- Morris
- Oneonta
- Richfield Springs
- Schenectady
- Unadilla

Program hours vary by location

Start an application online at:

foinc.org/hsapply

For more information
607.433.8055

Early Head Start Head Start



607.433.8055 | 800.986.5463

**Families Learning and Growing Together
from Pregnancy to Preschool**



What Are Early Head Start and Head Start?

Early Head Start and Head Start are early childhood education programs which promote school readiness of children ages birth to five. The programs support children's development through a variety of services, including early learning, health, family well-being, and services for children with disabilities. Staff are certified to administer first-aid, CPR, and prescribed medications.

What We Offer

Children

- A safe place to learn and explore
- Outdoor playtime and field trips
- Exposure to books and computers
- Meals and snacks
- Activities to enhance social skills and peer relationships
- Assessment of growth and development

Parents

- Opportunities to meet other parents at program events and monthly parent groups
- Parent education and workshops
- Connections to supportive community services
- Opportunities to assist in program decision-making
- Volunteer opportunities
- Activities for the whole family



Early Head Start

Early Head Start provides family centered services for income eligible families from pregnancy through age 3. The program promotes healthy prenatal outcomes for pregnant women; enhances the development of very young children; and promotes positive family relations.

Early Head Start is a 12 month program that offers the option of home-based or center-based services.

Home-based services

- Weekly home visits to support child development and enhance family strengths
- Twice a month socializations that give parents and children the opportunity to meet and interact with other families. These events offer fun activities, valuable information, and nutritious snacks.

Center-based services

- Located in Oneonta
- Available to children ages 18 months to 3 years old
- Classroom activities designed to encourage toddler development

Early Head Start will support your family until your child transitions to prekindergarten programming.

Head Start

Head Start is a center-based preschool program for 3 and 4 year old children from income eligible families that helps to develop early reading, math, and social skills they need to be successful in school.

Center-based services

- Part day and full day classes
- Centers throughout Otsego County
- Classroom activities designed to prepare children for kindergarten
- Regular screenings of health and educational development
- Staff available to help your family access community supports and services
- Programming follows the school calendar

“Head Start helped my child get over severe attachment [issues]. My child is learning more than she would have, if she did not attend.”

