

# Head Start

## What is Head Start?

Head Start helps parents prepare their young children for preschool and kindergarten. The program serves low-income families with children who are too young for public school. Head Start and Early Head Start provide child education, parent education, social services and health services to parents or primary caregivers of children ages 0-5.

## How does it work?

Sessions at Head Start centers allow parents and children to share learning experiences. Eligible children can remain in Head Start for two years. There is no preference for brothers or sisters of enrolled children. Transportation is provided to and from the bi-monthly center sessions. Ten percent of enrollment is saved for children who have diagnosed disabilities; for those families, income guidelines may be waived.

## Income Limits

People in Household	Yearly Income
1	\$10,830
2	14,570
3	18,310
4	22,050
5	25,790
6	29,530
7	33,270
8	37,010
Each additional person	+3,740

Adapted from: Head Start and Early Head Start. Benefits.gov. 22 June 2010. <http://www.Benefits.gov>.

## How does one apply?

- Contact your local Head Start or Early Head Start Agency to request an application and discuss eligibility.

## Contact Information

### Alexandria Department of Human Services

2525 Mount Vernon Avenue

Alexandria, VA 22301

Phone: (703) 838-0700

Fax: (703) 836-2355

### Campagna Center

Phone (main): (703) 549-0111

Family Services Manager/Referrals/Registration/Enrollment

Phone: (703) 836-5774

To find a Head Start Program in your area, please use the [Head Start Locator](#).

\* See also Early Head Start (Early Head Start provides early childhood education programs for children ages 0-3 and medical, dental, mental health, and prenatal care for expectant parents.)