



# Why Early Head Start?

## \*EHS Children Impacts

- Increases language skills
- Helps children better able to understand their emotions
- Increases interactions between children and parents by age 3
- Leads to a less negative attitude toward parents by age 3
- Children become more attentive to objects during play
- Parents report less aggressive behavior from children in Early Head Start

## \*Parent Impacts

- Parents become more emotionally supportive and less detached
- Parents provide children with significantly more support for language and learning
- Parents are more likely to read to their child every day
- Parents used a greater variety of positive discipline strategies
- It leads to an increase in parent participation in education and job training
- It leads to an impact on employment for parents
- Fathers become more attentive to their children during play
- Parents are more likely to access a wide variety of services and receive more intensive services including those that focus on child development and parenting.

*\*According to the Early Head Start Research and Evaluation Project Results which compared EHS children to a control group of children without Early Head Start*

[https://www.acf.hhs.gov/sites/default/files/oper/research\\_brief\\_overall.pdf](https://www.acf.hhs.gov/sites/default/files/oper/research_brief_overall.pdf)