



CENTERSTONE

Early Head Start

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What is Early Head Start?

Centerstone's Early Head Start program is a federally funded program that serves low-income eligible pregnant women and children birth to three years old in Franklin and Williamson County. **Early Head Start provides weekly home visits that focus on child development and topics related to raising a healthy family.** Developmental screenings are provided for all children and progress is monitored throughout the course of the program. At least 10% of enrollment opportunities are available to children with disabilities. **All services are free.**



You are your
child's best teacher!

What do we have to offer your family?

Early Head Start knows you are your child's first and most important teacher. We provide two options for services:

Services for Pregnant Women

This program option would allow you to have weekly 60 minute visits with an assigned staff member in your home or community.

Prenatal visits will include:

- Prenatal development and nutrition information
- Help accessing prenatal care
- Breastfeeding and postpartum education
- Help preparing the home for baby
- Information on labor, delivery, SIDS and risks of smoking
- Access to program nurse and other community resources

Services for children age 0-3

This program option would allow you to have weekly 90 minute visits with an assigned staff member in your home. Services needed outside of the home are provided when time allows.

Home visits will include:

- Child development education and screenings
- Health and safety education
- Access to program nurse and disability specialists
- Access to dietitian and quarterly home cooking activities
- Transportation for program events
- Support for successful child transitions



Extra Program Services

Enrollment in Early Head Start provides you and your family access to additional services, including:

- Playgroups (2 times each month)
- Cooking classes and DICE (fatherhood activities)
- Parent leadership opportunities (policy council, conferences)
- Dental linkage
- Medical and other transportation

Contact Us

For additional information,
please call or text Stacey Horaz at
(618) 923-4066 or (618) 997-5336, ext. 7741.