



## How to contact us

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## BC First Nations



## HEAD START

*On-Reserve Program*



Children, through being loved, valued and encouraged will gain the courage, the strength and the wisdom to use the power of a good mind and spirit in all that they do.

HEAD START STATEMENT OF BELIEFS AND VALUES ABOUT CHILDREN



## What is Head Start?

BC FIRST NATIONS HEAD START ON-RESERVE (BCFNHS) IS A HOLISTIC, COMMUNITY-BASED PROGRAM designed to enhance early childhood development, school readiness and overall family health and wellness for First Nations preschool children (birth to six years) on reserve.

Unique to Head Start's early intervention philosophy is the recognition that culture is a fundamental part of a child's healthy development and that caring, creativity and confidence flow from a strong grounding in community.

Each Head Start project is intended to be locally designed and controlled, and to reflect the uniqueness of its First Nations community and culture, while incorporating six core program components.

## 6 components

### CULTURE AND LANGUAGE

Head Start programs provide children with a positive sense of themselves as First Nations children and provide them with opportunities to understand and experience their culture and language.

### EDUCATION

Head Start programs encourage children to enjoy life-long learning by providing rich opportunities for their physical, emotional, intellectual, social and spiritual development.

### HEALTH PROMOTION

Head Start programs provide opportunities for children to access health professionals, and for children and families to practice healthy lifestyles, with an emphasis on developing self-care and wellness choices for life.

### NUTRITION

Head Start programs provide children with wholesome food to help them meet their nutritional needs, and provide children and families with information and support in developing healthy eating habits that can be maintained for life.

### PARENT & FAMILY INVOLVEMENT

Head Start programs support and involve parents and family members as the primary teachers of children, and provide opportunities for parents to be actively involved in Head Start and to learn and grow as role models for their children.

### SOCIAL SUPPORT

Head Start programs help families connect with resources and community services that can support and empower them in their roles as parents.

*Children are a gift from the Creator*