



B.C. First Nations Head Start Inviting Parents to Help

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AT THE BEGINNING OF THE YEAR, PARENTS MAY BE UNSURE HOW THEY CAN HELP OUT. Maybe they can't come in and read books or help with field trips. You may need to show them that there are lots of different ways to participate. The list below was created as a parent handout for the U.S. Head Start program.

Ways You Can Help At Head Start

- Participate in home visits
- Read or tell a story to a child
- Serve food
- Do yard maintenance
- Get materials ready to use for a project
- Play a game
- Play a musical instrument
- Give another parent a ride
- Babysit for other parents so they can volunteer
- Save or collect recyclable materials
- Sew smocks, dress-up or doll clothes
- Help create, write or draw for a newsletter
- Help during toothbrushing time
- Help in the office
- Supervise during outside play
- Clean up after eating
- Bring a pet to share
- Sing a song
- Take photos
- Help plan and supervise a field trip
- Create and arrange a bulletin board
- Repair books or toys
- Work on a garden project
- Help plan a fundraising activity
- Invite the Head Start for a field trip to your work

Create your own parent handout or poster. Think of all the ways parents can support their children and your program, and list them all! Put up your "dream" projects... Someone out there might be the perfect match, and you wouldn't have known if you didn't ask. Many parents may feel more comfortable with seeing "take photos" or "repair books" than with an open invitation to participate.