



Head Start Monthly

Bullying Prevention Awareness Month

October 2020

Capital Area
**Community
Action**
Agency

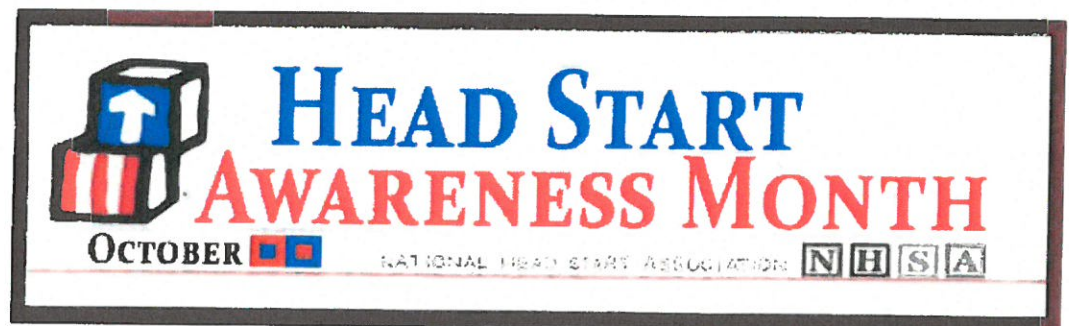
309 Office Plaza Dr.
Tallahassee, FL 32301
P (850) 222-2043
F (850) 201-2057

Inside this issue:

Head Start Awareness	2
What's Happening	3
Family Focus	4
From the Health Desk	6
From the Kitchen	9
Nutrition Nuggets	10
Connect with Us	12



**Welcome
to
Head Start**



On October 22, 1982, President Ronald Reagan proclaimed October as Head Start Awareness Month.

"Perhaps the most significant factor in the success of Head Start has been the involvement of parents, volunteers, and the community. Their commitment and the services provided by dedicated Head Start staff have been instrumental in creating a quality program that truly provides young children with a "head start" in life." - President Ronald Reagan

Did you know Head Start started as an 8 week summer program?

Think about how Head Start has helped you and spread the word!



Immediate Impacts:
Giving America's Children the Head Start Advantage

Decades of research have documented the impacts of Head Start. Findings show that children who participate in Head Start programs receive countless benefits. These impacts appear immediately, last a lifetime, and even benefit the subsequent generation. These advantages include:



Head Start children significantly reduce their vocabulary gap during the program year.



Head Start children finish with higher scores on all cognitive and social-emotional domains.



Head Start children are more likely to have received dental checkups.



Head Start children have healthier BMIs by the end of the program year.



Head Start children in foster care or non-parental care are more ready for school.



Head Start children exhibit fewer problem behaviors, such as aggression and hyperactivity.



Head Start children have lower mortality rates for relevant causes, such as asthma or anemia.



Head Start children are more likely to have received vaccinations.

In January of 1964, President Lyndon B. Johnson declared The War on Poverty in his State of the Union speech. Shortly thereafter, Sargent Shriver took the lead in assembling a panel of experts to develop a comprehensive child development program that would help communities meet the needs of disadvantaged preschool children. Head Start programs have served more than 36 million children since 1965, growing from an eight-week demonstration project to include full day/year services and many program options. Currently, Head Start grants are administered by the Administration for Children and Families (ACF) in the Department of Health and Human Services. Head Start programs serve over a million children and their families each year in urban and rural areas in all 50 states, the District of Columbia, Puerto Rico and the U.S. territories, including American Indian, Alaskan Native and Migrant/Seasonal communities.



Tired of tantrums? Need Support? Want to improve you parent-child relationship?

The Incredible Years Parenting Series is a 14-week parenting program designed to strengthen connections between home and school, increase parents' effectiveness, and promote competent, well-adjusted children at home and school. It will take place once per week for 2-hour sessions via Zoom

**** Next Classes Will Begin February 2021 ****

To sign up for this exciting opportunity speak with your Family Advocate or please contact

Fatima (850) 222-2043 ext. 145

Nichele (850) 222-2043 ext. 226

Jason (850) 878- 2320



Capital Area
Community Action Agency



PREVENTATIVE MEASURES

- Face coverings for children and staff
- Decrease in class size to promote social distancing
- Daily temperature checks for children and staff
- Enhanced cleaning and sanitization
- Frequent hand washing for children and staff
- No parent access to classrooms and playground areas
- No family style dining (Teachers will serve all meals)
- No field trips
- Pick up & Drop off will take place outside of the building
- No tooth brushing in the classroom (kits will be sent home)

LIVING WITH RULES

(Make clear rules and enforce them with consistency and appropriate consequences.)



TIPS ON RULES

Young children who are used to clear rules

and consistent consequences are less likely to risk using alcohol and other drugs as they get older. They are also more likely to have the self-confidence to say "no." On the other hand, studies show that children are at greater risk for drug abuse in homes where punishment is too severe or where there is no discipline.

Below are seven steps to positive discipline:

1. **Discuss how rules protect the health, safety, and rights of children and others.** Let children know you love them too much to let them take dangerous risks or get into trouble. Set rules to help them take care of themselves, avoid dangerous situations, and respect themselves and others.
2. **Discuss how different families have different rules.** Let your child know that, in different houses and in different countries, families may have different rules. In your family, your child follows the family's rules.
3. **Discuss your rules and expectations in advance.** Make clear rules with your child. Make sure everyone understands the consequences for breaking the rules. Don't make too many rules—you might not remember or enforce them all consistently.
4. **Follow through with the consequences.** Children need to know that rules are enforced. Young children test their boundaries. Clear negative messages let them know potential dangers.
5. **Don't make any rules you do not intend to enforce.** Rules without consequences have no meaning for children, so set rules you know you can and will enforce.
6. **Don't impose harsh or unexpected new punishments.** Stick to consequences that have been set ahead of time. Be sure that anger doesn't influence your discipline. If you need one, give yourself a "cooling-off" period before confronting your child.
7. **Praise children when they follow the rules.** Positive reinforcement helps them develop self-confidence and trust in their own judgment.

Source: Building Blocks: Family Guide; n.d.; US Department of Health and Services.



Community Action Agency Can Help

Parents we need your help!!!

There are many opportunities in Head Start to lend a helping hand... Please speak with your child's teacher about different opportunities

or contact

Nichele Rolle, Parent Engagement Coordinator,
at (850) 222.2043 x226

A few ideas on how you can volunteer...

Read to the children via Zoom

Conduct music activities via Zoom

Help with art activities

Assist at home with self-help skills (tying shoe laces, buttoning, zipping, etc.)

Help the teacher prepare materials for art projects (can be done at home)

Do a Zoom show on tell

Tell us about a cool place you've visited

Share your hobby with the class

...and many, many more.

How can you help?

Please lend a helping hand today!!!



volunteer
do good, feel good

Utility Assistance

Services are provided to households with income at or below 150% of poverty. Only priority clients who have members who are elderly, disabled, or age 5 or under, are seen the 1st fifteen (15) days of the month. All other clients are seen the remainder of the month.

Please apply on our website

www.capitalareacommunityactionagency.com

Click the Crisis Tab and complete the Crisis Application

Weatherization Assistance Program

The Weatherization Program helps low-income individuals and families to permanently reduce their energy bills by making their homes more energy efficient. Weatherization services are provided to households with income at or below 200% of poverty.

Getting Ahead/ Staying Ahead

Tired of struggling to make ends meet? Internationally recognized, anti-poverty workshop led by facilitators in a "kitchen table" format that empowers low-income families with the opportunity to think about and develop their future story.

Contact Melissa Watson at (850) 222-2043 ext. 110 for more information or to apply.

Breast Health



About one in eight women in the U.S. will develop invasive breast cancer during their lifetime.

No.1

Breast cancer is the most common cancer among American women except for skin cancers.

232,670

55+

Estimated amount of new cases of invasive breast cancer diagnosed in women.

Two of three breast cancers are found in women 55 or older.

2.8 million

Estimated amount of breast cancer survivors in the U.S.

No.2

Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer.

Breast cancer survivorship has tripled over the past 60 years.

Risk Factors

GENDER

A woman is 200 times more likely than a man to develop breast cancer.

AGE

Your risk of developing breast cancer increases as you get older and half of all breast cancers are diagnosed in women older than 60.

GENETICS

About 5 to 10 percent of breast cancer cases are thought to be hereditary, meaning that they result directly from gene defects inherited from a parent.

FAMILY HISTORY

Risk is higher among women whose close blood relatives have this disease. Less than 15 percent of women with breast cancer have a family member with this disease.

WEIGHT

Being overweight or obese increases breast cancer risk.

RACE

Overall, white women are slightly more likely to develop breast cancer than African-American women, but African-American women are more likely to die of this cancer.

Health Tips



■ **BREAST DENSITY**
Having dense breasts makes your chance for breast cancer four times higher.



■ **KNOW YOUR FAMILY HISTORY**
5 to 10 percent of breast cancer is hereditary.



■ **NUTRITION**
Eat five or more servings of fruit and vegetables daily, limiting processed and red meats. Choose whole grains.



■ **SCREENING**
Remember to get annual mammograms and clinical breast exams beginning at 40.



■ **WATCH WEIGHT**
Women who gained 21 to 30 pounds since age 18 were 40 percent more likely to develop breast cancer than those who hadn't gained more than five pounds.



■ **PHYSICAL ACTIVITY**
Women who walk briskly for 1.25 to 2.5 hours a week had 18 percent less risk than women who are inactive.



■ **ALCOHOL**
Limit alcohol consumption to no more than one drink a day — any more than that increases risk by 1.5 times compared to someone who doesn't drink.



■ **SUPERFOODS**
City of Hope researchers have discovered that pomegranates, grape seed extract and blueberries all have powerful breast cancer fighting agents.

Symptoms

- Swelling of all or part of the breast
- Skin irritation or dimpling

- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness or thickening of nipple or breast skin
- Nipple discharge

MENTAL HEALTH

Tips for Families from the Head Start National Center on Health



THE NATIONAL CENTER ON
Health

What is mental health?

Mental health means that young children are growing in their ability to:

- understand and share feelings
- have close and positive relationships
- explore and learn

Why Is It Important?

Having Positive Mental Health Makes It Easier for Children to:

- Have close relationships with family and friends
- Do well in school
- Learn new things
- Solve tough problems

- Develop patience (or not give up)
- Focus on a task
- Ask for help

When Young Children Are Worried, Sad, or Angry, It Can Be Hard To:

- Make friends
- Follow directions
- Express feelings or wishes
- Follow simple directions
- Pay attention in class
- Solve problems in positive ways
- Do well in school



Things You Can Do and Say to Help Your Child

• For Your Infant

- Hold your baby during feedings.
"I love cuddling when I feed you."
- Look at your baby and smile, smile, smile!
"Hey, when I smile, you smile back."
- Talk about what you are doing.
"I'm going to change your diaper now."
- Try to relax and have fun.
"When I am happy, you are less fussy."
- Read and sing to your baby every day.
"It is bedtime. Time for a story and favorite song."
- Take care of yourself.
"When I am rested, I take better care of you."

• For Your Toddler/Preschooler

- Make sure they always feel safe.
"I know loud noises can be scary, but it's OK."
- Offer choices.
"Do you want the blue shirt or the red shirt?"
- Practice patience.
"Let's wait until the song is over and then we'll go outside."

- Show understanding.
"You REALLY want another cookie! It is hard when you can only have one."
- Leave extra time.
"I see you don't want to leave the playground. One more time on the slide, then we need to leave."
- Play together at least 15 minutes a day.
"There is so much to do but it is important for us to play together."
- Follow her interest.
"I see you want to play with the blocks. What are you going to build?"
- Praise your child when she keeps trying.
"I love the way you keep trying to find the right piece for the puzzle."
- Practice following directions.
"First pick up the blocks, then take out the cars."



Attention: **Head Start Parents**

DUE IMMEDIATELY

RE: Medical Records

Children must have up-to-date shot and physical examination records in order to attend Head Start throughout the school year.

If your child's hemoglobin/ hematocrit, blood lead testing, or blood pressure results are not documented on his or her physical examination, have your doctor's office provide you with written documentation of this information.

RE: Dental Services

All children attending Head Start must receive a dental examination and cleaning. All initial dental exams must be completed by a dental clinic, along with a signed "Verification of Dental Services" form.

If you have any questions or need assistance, please speak with your Family Advocate or call Barbara Evans, Health Services Coordinator, at (850)222.2043 x234

Easy Recipe: **Sliced Baked Apples**



Ingredients

- 3–4 medium apples (about 3 cups sliced)
- 1 tablespoon melted butter or coconut oil
- 1/2 teaspoon cinnamon

Instructions

1. Preheat oven to 375 degrees F.
2. Place the butter or oil into a pie plate or baking dish. Warm in the oven for a few minutes to melt. Remove from oven.
3. Slice the apples into approximately 1/2-inch slices and discard the cores. Place into the baking dish with the oil.
4. Add the cinnamon and toss to combine.
5. Bake for 28-34 minutes, or until tender when poked with a fork.

Serve in slices or cut up into smaller pieces and serve over yogurt, oatmeal, or pancakes

Source: <https://www.yummytoddlerfood.com/recipes/snacks-recipes/sliced-baked-apples/>

MENU
FOR THE MONTH OF OCTOBER, 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				1 Sliced Bananas, Cheerios, 1% Lowfat Milk	2 Orange Wedges, Corn Flakes, 1% Lowfat Milk
LUNCH				Tuna Salad, WW Bread, Lettuce & Tomato Wedges, Sliced Peaches, 1% Lowfat Milk	Hamburger on ½ WW Bread, Peas & Carrots, Applesauce, 1% Lowfat Milk
SNACK				Orange Juice, Graham Crackers (Plain)	Grape Juice, Goldfish Crackers
BREAKFAST	5 Applesauce, Corn Flakes, 1% Lowfat Milk	6 Orange Juice, Rice Krispies, 1% Lowfat Milk	7 Orange Wedges, Cheerios, 1% Lowfat Milk	8 Peaches, Corn Flakes, 1% Lowfat Milk	9 Sliced Bananas, Cheerios, 1% Lowfat Milk
LUNCH	Oven Baked BBQ Chicken, Steamed Broccoli, WW Bread, Peaches, 1% Lowfat Milk	Cheese & Vegetable w/WW Pasta, Tossed Salad w/Salad Dressing, WW Bread, Fruit Cocktail, 1% Lowfat Milk	Turkey & Lowfat American Cheese on Tortilla Wrap, Carrot & Celery Sticks, Lowfat Dressing, Diced Peas, 1% Lowfat Milk	Shepherd's Pie, Cucumber & Tomato Salad, WW Bread, 1% Lowfat Milk	Baked Fish Nuggets, Cole Slaw, Mandarin Oranges, 1% Lowfat Milk
SNACK	Orange Juice, Animal Crackers (plain)	Saltine Cracker, Peanut Butter Dip	Pineapple Chunks, Lowfat Yogurt	Orange Juice, Hard Pretzels	Grape Juice, Ritz Crackers
BREAKFAST	12	13 Mandarin Oranges, Corn Flakes, 1% Lowfat Milk	14 Orange Wedges, Cheerios, 1% Lowfat Milk	15 Apple Juice, Rice Krispies, 1% Lowfat Milk	16 Orange Juice, Corn Flakes, 1% Lowfat Milk
LUNCH	STAFF IN-SERVICE	Grilled Chicken Patty on WW Bread, Mashed Sweet Potatoes, Green Peas, 1% Lowfat Milk	Black-eyed Peas, Macaroni & Cheese, Turnip Greens, Cornbread, Applesauce, 1% Lowfat Milk	Chicken & Yellow Rice, Stir Fry Vegetables, WW Bread, Mandarin Oranges, 1% Lowfat Milk	Lasagna, Lettuce & Tomato w/Lowfat Dressing, WW Bread, Sliced Apples, 1% Lowfat Milk
SNACKS		Fresh Banana, Lowfat American Cheese	Tortilla Chips, Salsa	Carrot & Celery Sticks w/Lowfat Dressing, Ritz Crackers	Fruit Cocktail, Lowfat Yogurt
BREAKFAST	19 Pineapple Chunks, Corn Flakes, 1% Lowfat Milk	20 Orange Wedges, Cheerios, 1% Lowfat Milk	21 Orange Juice, Rice Krispies, 1% Lowfat Milk	22 Sliced Bananas, Corn Flakes, 1% Lowfat Milk	23 Orange Juice, Cheerios, 1% Lowfat Milk
LUNCH	Sliced Turkey w/Gravy, Mashed Potatoes, Turnip Greens, WW Bread, 1% Lowfat Milk	Beef Soft Tacos w/Lettuce & Tomatoes, Sliced Peaches, 1% Lowfat Milk	Chicken Salad on WW Bread, Vegetable Soup, Pineapple Chunks, 1% Lowfat Milk	Red Bean w/Brown Rice, Green Beans, Mandarin Oranges, 1% Lowfat Milk	Oven Baked Chicken, Mashed Sweet Potatoes, Steamed Broccoli, WW Bread, 1% Lowfat Milk
SNACKS	Ritz Crackers, Lowfat American Cheese	Tortilla Chips, Salsa	Fresh Banana, Graham Crackers (Plain)	Grape Juice, Animal Crackers (plain)	Hard Pretzels, Peanut Butter Dip
BREAKFAST	26 Orange Juice, Cheerios, 1% Lowfat Milk	27 Sliced Peaches, Corn Flakes, 1% Lowfat Milk	28 Orange Juice, Rice Krispies, 1% Lowfat Milk	29 Sliced Bananas, Cheerios, 1% Lowfat Milk	30 Orange Wedges, Corn Flakes, 1% Lowfat Milk
LUNCH	Baked Chicken Nuggets w/Honey Mustard Sauce, Corn, Fruit Cocktail, 1% Lowfat Milk	Toasted Cheese WW Sandwich, Sweet Potato Fries, Sliced Bananas, 1% Lowfat Milk	Beef & Spaghetti Casserole, Green Beans, WW Bread, Pineapple Chunks, 1% Lowfat Milk	Tuna Salad, WW Bread, Lettuce & Tomato Wedges, Sliced Peaches, 1% Lowfat Milk	Hamburger Patty, WW Bread, Peas & Carrots, Applesauce, 1% Lowfat Milk
SNACKS	Saltine Crackers w/Lowfat American Cheese	Mandarin Oranges, Lowfat Yogurt	Ritz Crackers, Peanut Butter Dip	Orange Wedges, Graham Crackers (Plain)	Grape Juice, Goldfish Crackers

Nutrition Nuggets

Food and Fitness for a Healthy Child

October 2020

Capital Area Community Action Agency, Inc.

Head Start

BEST BITES

Explore herbs and spices

Cilantro, rosemary, turmeric ... herbs and spices add flavor to food without adding fat or sodium. Help your child create a snack tray to sample natural seasonings. She might include fat-free Greek yogurt flavored with cinnamon, halved grape tomatoes sprinkled with



dill, and popcorn tossed with paprika.

Night games

It may be getting dark earlier, but you and your youngster can still fit in some active family time after dinner. Use flashlights for a game of tag. Or play "moonball" with him—a game of catch with a glow-in-the-dark ball (buy one at the dollar store, or put glow-in-the-dark stickers on a regular ball).

DID YOU KNOW?

It's easier than ever to find alternatives to peanut butter. Healthy options include spreads made from cashews, sunflower seeds, soy nuts, almonds, and even chickpeas. Coconut butter, on the other hand, tends to have more saturated fat. *Tip:* Look for varieties with no added sugar.

Just for fun

Dad: Why did you ride your bike twice?

Ben: I was re-cycling.



Tips for healthier takeout

Whether it's a busy school night or a special occasion, your family may decide to order food from a restaurant. Teach your youngster to make healthier choices with this advice.

Find the winners

Help your child recognize nutritious options with an awards ceremony. Read restaurant menus and vote on awards like "Best selection of vegetables," "Most whole-grain options," and "Healthiest overall." Your youngster can announce winners—and choose one the next time you order takeout.

Play to-go bingo

Motivate your child to make good selections with this game. Let him create a bingo card with columns for different types of restaurants (pizza, Chinese). In each box, he can write a healthy choice (whole-wheat crust and side salad under pizza, steamed vegetable dumplings and brown rice under Chinese). Each time he tries a food on his card, he may cross it out. Five in a row = to-go bingo!

Living room limbo

Play this favorite party game indoors to improve your child's flexibility—and enjoy active family fun.

Set up: Place a broom across the tops of two chairs. Then, stack books on the seat of each chair. The stacks should be about equal in height and come nearly to the tops of the seat backs.

Play: Turn on music as family members take turns walking under the stick while bending backward. If anyone touches the stick with any part of her body, or touches the floor with anything but her feet, she's out. Now lower the stick onto the top books and limbo again. For each round, remove a book from each stack. The last player still in wins.



Design "kids' meals"

Encourage your youngster to be creative with his order. Instead of looking at the kids' menu—which is typically filled with fried foods like chicken nuggets and french fries—have him put together a meal of healthy appetizers and sides. Maybe he'd like a turkey burger slider and steamed broccoli. Or perhaps he'll create a combo of grilled chicken strips and fresh fruit.



Nutrition Nuggets™

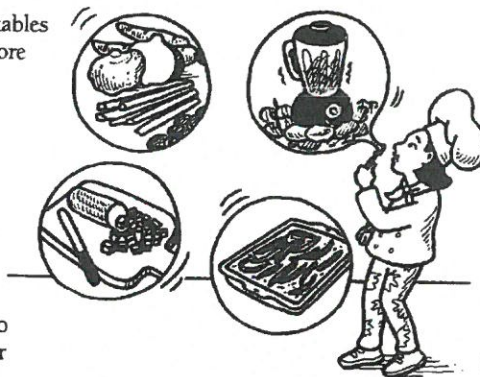
October 2020 • Page 2

Change up vegetables

Children need $1\frac{1}{2}$ –2 cups of vegetables every day, so how can you squeeze more into your youngster's diet? Try these variations to find her new favorites!

1. Change the shape. Cut cooked carrots or jicama into sticks or coins. Also, try shredding brussels sprouts or cabbage into salads or paninis.

2. Change the texture. Your child might enjoy tender or pureed veggies. Have her stir spinach or kale into her favorite soup and watch it wilt. Or



use pureed potatoes or cauliflower instead of heavy cream or flour to thicken sauces.

3. Change the size. Small bites of vegetables may be easier for your youngster to accept. Dice cooked zucchini or sweet potatoes into tiny pieces, and let her add them to casseroles or top her tacos with them.

4. Change the cooking method. One night you could steam parsnips or okra, and another time you might roast or sauté them. Or turn asparagus spears or green beans into "fries." Help your child dunk them into a beaten egg and roll them in whole-wheat breadcrumbs. Bake at 400° until browned and crispy, about 15 minutes. ●

ACTIVITY CORNER

An autumn "playground"

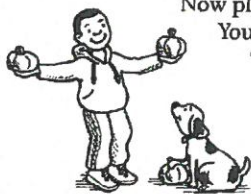
As temperatures drop and the air feels crisp, head outside with your child for playful fitness fun. Here are some ideas.

● **Leaf path.** For a game of Follow the Leader, let your youngster line up fallen leaves with a few feet between each. Take turns leading everyone along the path, moving in a different way (hop, skip, gallop) from one leaf to the next.

● **Pumpkin weights.** Have your child hold a mini pumpkin in each hand.

Now play Simon Says.

You might say, "Simon says lift your arms out to your sides." "Do backward arm circles."



● **Apple relay.** Split into teams and take turns running—with an apple—from a start line to a finish line, then back again until everyone has had a turn. The twist? Each player on a team has to hold his apple in a different way (behind your back, on your head). ●



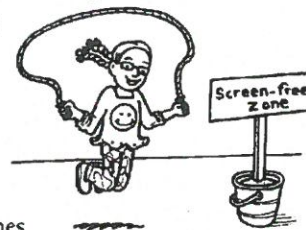
Q&A Unplug for physical activity

Q: How can I get my daughter to spend less time on screens and more time being active?

A: Encourage your child to keep track of her screen time for one week. Together, brainstorm ways to cut back. If she spent 10 hours watching TV and playing video games last week, you might limit her to 8 hours total this week.

To help, perhaps you'll designate screen-free zones like her bedroom and the kitchen table. Also, help her set a goal to be active at least 1 hour per day.

Then, why not have your daughter use her screen time to find ways to be active? She could search for kid-friendly workout videos on YouTube—some are based on moves from video-game characters and superheroes. She might even look up "active games for kids" and teach your family to play new ones. ●



IN THE KITCHEN

Pasta perfection

October is National Pasta Month. Celebrate with these healthy versions of kid favorites. *Note:* For each recipe, cook 16 oz. whole-wheat pasta according to package directions.

● **Macaroni and cheese.** In a large pot, melt 3 tbsp. butter, and whisk in 3 tbsp. flour until smooth. Stir in $2\frac{1}{2}$ cups nonfat milk and simmer until thickened. Reduce heat, and stir in $2\frac{1}{2}$ cups low-fat shredded cheddar cheese until

melted. Whisk in $\frac{1}{2}$ cup plain Greek yogurt. Toss with pasta, 1 cup cooked peas, and 1 diced tomato.

● **Chicken parmesan.** Sprinkle 1 tsp. Italian seasoning over 1 lb. boneless chicken breasts. Bake at 375° for 30 minutes, or until cooked through. Pour 1 24-oz. jar low-sodium marinara sauce over chicken. Top with 1 cup low-fat shredded mozzarella cheese, and broil 5 minutes, or until cheese melts. Serve over spaghetti. ●



OUR PURPOSE
To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.
Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeclient@wolterskluwer.com
www.rfeonline.com
Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
ISSN 1935-4630



**Head Start Capital Area
Community Action Agency**

**If you are on Facebook be sure
to**

“Like Us!”

@ Head Start Capital Area Community Action Agency. Also like
our other pages @ Capital Area Community Action Agency and @
Getting Ahead In a Just Getting by World by CACAA

**We Would love to share our posts
with you!**

- Find out what's happening at our centers
- See all the cool and educational things your child (ren) are doing
- Stay up-to-date on upcoming events
- Read excellent articles

Pics, pics, and more pics!

Never feel left out... Stay in the Head Start



Head Start Parent Hotline

- Tell us how we are doing.
- How can we improve?
- What suggestion can you share?
- Who is awesome at your Center?



You can reach the Head Start Parent Hotline by dialing
850.222.2043 x325 and leaving us a message or emailing us at
HeadStartHotline@cacaainc.org. All calls will be returned
within 24 hours. In the event that you need to speak with someone
immediately, please call 850-222-2043 x100 and the receptionist
will direct your call.