

# Conversation Guide: Talking With Parents About Early Learning and Family Support Programs

## EARLY LEARNING PROGRAMS IN WASHINGTON

This grid is representative of programs that are available in many areas of the state, however, not all programs may be available in all geographic areas. Similarly, this grid is not comprehensive; many areas of the state may have additional unique community-led early learning programs, particularly programs that may have specific cultural or linguistic focuses.



	PUBLIC HEALTH			MENTAL HEALTH	HOME VISITING		HOME-BASED DEVELOPMENTAL SERVICES	EARLY PRESCHOOL	PRESCHOOL	DROP-IN PLAY GROUPS	CHILD CARE	
	Nurse Family Partnership (NFP)	Maternity Support Services and Infant Case Management (ICM)	Children with Special Health Care Needs (CSHCN)	Infant and Early Childhood Mental Health (IECMH)	Parents as Teachers (PAT)	Parent-Child + (Formerly known as Parent-Child Home Program)	Early Support for Infants and Toddlers (ESIT) a.k.a. Early Intervention or Birth to 3	Early Childhood Education and Assistance Program (ECEAP) and Early Head Start (EHS)	ECEAP and Head Start	Child Find Screenings and Developmental Preschool	Kaleidoscope Play and Learn Early Connections	Working Connections Child Care Subsidy (Child Welfare Continuing Childcare Benefit)
Age of Child	First time mothers who are less than 28 weeks pregnant and meet income guidelines.	Prenatal to 1 year	Birth to 18 years	Birth to 6 years	Prenatal to 3 years (some programs may go up to age 5)	Enrolls children between 16 to 24 months	Birth to 3 years	Prenatal to 3 years	3 to 5 years	Child Find: 3 to 21 years Preschool: 3 to 5 years	Birth to 5 years	Birth to 12 years 13 to 18 years (limited, follow policy)
How To Explain the Program Quickly	Improve pregnancy outcomes by helping women engage in preventive health practices during pregnancy. Improve child health and development. Empower mothers and fathers to develop a vision for their future.	Improve the welfare of infants by providing their parent(s) with assistance to access medical, social, educational, and environmental services.	Care coordinators provide free services to children who have, or are at risk of having a physical, developmental, or behavioral health condition and who require health and related services beyond usual pediatric care. Program focuses on supporting parents through linkage, advocacy, and referrals. Public health nurses provide support to parents to process or understand a new diagnosis, manage appointments, and locate and connect with providers, therapies, medical insurance, or financial support.	Sometimes referred to as social-emotional health, IECMH has to do with children's ability to develop close and secure relationships with peers and adults, and helping children birth to 5 learn to process their emotions and experiences. Children with secure attachments to their primary caregivers are better able to develop the capacity to learn and explore their environments in positive and growth-producing ways, creating a strong basis for life-long learning and healthy development.	Families receive support from a trained parent educator who visits families in their home or community setting. Visits are focused on goals created by parents, which could include caring for their babies, helping parents understand child development milestones and behaviors, learning positive parenting techniques, overall family wellbeing, and connection to their community.	Culturally and linguistically matched home visitors bring books, educational toys, or activities for families to keep. These materials are used during twice weekly home visits to model reading, play, and conversation activities that promote positive parent-child interaction and increase children's early literacy as well as other skills children need to succeed in school.	Early intervention services are designed to enable children with developmental delays/disabilities to be active and successful during the early childhood years and in the future. This helps parents and caregivers support their child's healthy development. Parents and team will identify goals based on the family's concerns, priorities and resources.	EHS promotes healthy prenatal outcomes, healthy family functioning, and enhances infant and toddler development. These programs promote the physical, cognitive, social, and emotional development of infants and toddlers, while also supporting parents in their own personal goals.	Comprehensive preschool program that provides free services and support to children and their families. This helps children and families get ready for kindergarten and life-long learning. Children who attend ECEAP or Head Start learn to manage their feelings, get along with others, and follow classroom procedures. They build the beginning skills for reading, math, and science. The programs work closely with parents to support their children's health and education, and to meet family goals.	Child Find Screenings are for children 3 to 5 years old with concerns of developmental delay or potential need for additional supports in the school environment. Screenings and assessments are completed by trained staff to evaluate the child's need for services such as speech, occupational therapy, or physical therapy. If a child qualifies for services, they will be eligible for developmental preschool through the local school district, where the therapy services will be provided.	Free playgroup sessions that are hosted by a trained facilitator and designed for caregivers and children to engage, play, read, sing, and have a snack together. Offers fun activities that help young children prepare for success in school and life. Activities include music, arts and crafts, storytelling, block play, free books, and lots of playing!	This referral is for 12 months of licensed child care with \$0 copay, and no income or work requirements for parents. If families do not start Child Welfare Continuing Child Care (CWCCC) before case closure, it can be accessed up to six months after the child welfare case closes
Service Delivery and Location of Service*	In-home, service delivery model varies.	In-home, clinic-based, or telephone. Determined by caregiver and care coordinator based on family's identified needs.	In-home or telephone consultation. Determined by caregiver and care coordinator based on family's identified needs.	Office-based or home-based (some agencies). Determined by caregiver and clinician based on availability and needs of child.	In-home (except at request for alternate location). One child: 60-minute sessions, twice monthly. Two or more children: 90-minute sessions, twice monthly.	In-home (except at request for alternate location). 30-minute sessions, twice weekly, for approximately 26 weeks from October through May. Families are eligible for two program cycles.	In-home (except at request for alternate location). Frequency varies based on needs of child.	EHS home-based: Weekly 90-minute home visits. Center-based: Part-day (4 days/week, 3 hours/day) School-day (6 hours/day, at least 4 days/week) Working-day (5 days/week, 10 hours/day, year-round).	Center-based: Part-day (4 days/week, 3 hours/day) School-day (6 hours/day, at least 4 days/week) Working-day (5 days/week, 10 hours/day, year-round)	School (contact local school district for specific school location and dates). Initial screening – approximately 90 minutes. Possible follow up evaluation. Developmental Preschool: varies by availability and needs of child.	Kaleidoscope: Meets weekly in the community such as a library or church. Early Connections: Meets weekly at Community Services Offices Community Services Office (CSO) during operating hours. Sessions are about 1.5 hours, drop-in.	Licensed childcare center or licensed family home child care.

\*During the COVID-19 pandemic, programs may be modifying their service delivery model to meet safety and health guidelines.

	PUBLIC HEALTH			MENTAL HEALTH	HOME VISITING		HOME-BASED DEVELOPMENTAL SERVICES	EARLY PRESCHOOL	PRESCHOOL		DROP-IN PLAY GROUPS	CHILD CARE
	Nurse Family Partnership (NFP)	Maternity Support Services and Infant Case Management (ICM)	Children with Special Health Care Needs (CSHCN)	Infant and Early Childhood Mental Health (IECMH)	Parents as Teachers (PAT)	Parent-Child + (Formerly known as Parent-Child Home Program)	Early Support for Infants and Toddlers (ESIT) a.k.a. Early Intervention or Birth to 3	Early Childhood Education and Assistance Program (ECEAP) and Early Head Start (EHS)	ECEAP and Head Start	Child Find Screenings and Developmental Preschool	Kaleidoscope Play and Learn Early Connections	Working Connections Child Care Subsidy (Child Welfare Continuing Childcare Benefit)
<b>Additional Supports Provided</b>	Provides advice, support, and information throughout pregnancy and after the baby's arrival, until 2 years of age. Connection to resources and community support.	Preventative health and education services. Screening for possible risk factors. Registered nursing services, including nutritional counseling, brief solution-focused counseling, referral to community services, individualized care plan, care coordination, and case management. Group services.	Help families access medical care and health insurance. Provides screening and assessment services. Provides nursing evaluation and care coordination. Assists with concerns related to feeding, growth, and development. Connects to transportation support.	Provides mental health support for both children and their primary caregivers.	Connection to resources for diapers, formula, etc. Monthly connections on topics of interest identified by enrolled families and the program.	Book and educational toy or activity provided with every visit, building a library for families over the course of the program.	Provide resources or connection to other community agencies to meet needs of the whole family. Agencies may host family nights or other forms of parent support groups.	Connect families to medical and dental providers for children. Connect to other community resources	Connect families to medical and dental providers for children. Connect to other community resources. May provide gas cards or bus passes. Some programs may have limited transportation.	Create and follow individual education plan (IEP).	Activity and snack provided at each group.	Child care payment assistance – paid directly to child care provider.
<b>Appropriate Referrals/Eligibility Qualifications</b>	First time mothers^ who are less than 28 weeks pregnant, and meet income guidelines. ^Pregnant women with babies who are not their first child are eligible for NFP in Clark, Cowlitz, Thurston, Mason, Lewis, and Spokane Counties.	Prenatal families or those with infants birth to 12 months old who can benefit from additional health support or connection to programs like Women, Infants, and Children (WIC) services. Parents must be on Medicaid or eligible for Medicaid.	Children birth to 18 years old with chronic and/or complex health care need.	Children with mental health concerns, including social, emotional, or behavioral health concerns.	Children birth to 3. (Some programs serve children through kindergarten entry).	Low-income families with children between the ages of 16 to 24 months. Parents who are willing to commit to service delivery model.	Children birth to 3 years old with developmental delay concerns.	Prenatal to 3 years at or below 130% of the federal poverty level (FPL) (Head Start, or 110% of FPL ECEAP). Children experiencing homelessness, in foster care, or families receiving Temporary Assistance for Needy Families (TANF). Income limit exceptions if child has developmental delays or disabilities, or other environmental factors.	Child must be 3 years old, but not yet 5 years old by August 31 of the school year. At or below 130% of FPL (Head Start, or 110% of FPL ECEAP). Children experiencing homelessness, in foster care, or families receiving TANF. Income limit exceptions if child has developmental delays or disabilities, or other environmental factors.	Children 3 to 5 years old with concerns of developmental, behavioral, or social/emotional delay.	Any caregiver with children birth to 5 years.	In-home CPS (investigation or Family Assessment Response [FAR]), Family Reconciliation Services (FRS), Family Voluntary Services (FVS), or Child and Family Welfare Services (CFWS) in-home or reunification. Child must be residing with a parent or guardian (only eligible if legal guardian was the subject of the intake). Child care must be included as part of the child welfare case plan.
<b>Documents Needed for Enrollment</b>	Only documents required are enrollment forms completed with family and program staff.	Only documents required are enrollment forms completed with family and program staff.	Only documents required are enrollment forms completed with family and program staff.	Insurance – contact agency to determine what insurances are accepted.	Only documents required are enrollment forms completed with family and program staff.	Only documents required are enrollment forms completed with family and program staff.	Insurance for ongoing services (initial screening is always free). Scholarships available for copayments if family does not have insurance.	Application, proof of income (past year or past 12 months), proof of family size, proof of child's age, and proof of legal guardianship. If child has an Individualized Family Service Plan (IFSP), include with application.	Application, proof of income (past year or past 12 months), proof of family size, proof of child's age, proof of legal guardianship. If child has an IEP or IFSP, include with application.	IEP or IFSP if a child already has one.	Free, drop-in.	Caseworkers must complete Working Connections Child Care (WCCC) referral-only in FamLink. Parents must call 1-844-646-8687 to apply, prior to starting CWCCC child care services in order to be eligible.

	PUBLIC HEALTH			MENTAL HEALTH	HOME VISITING		HOME-BASED DEVELOPMENTAL SERVICES	EARLY PRESCHOOL	PRESCHOOL		DROP-IN PLAY GROUPS	CHILD CARE
	Nurse Family Partnership (NFP)	Maternity Support Services and Infant Case Management (ICM)	Children with Special Health Care Needs (CSHCN)	Infant and Early Childhood Mental Health (IECMH)	Parents as Teachers (PAT)	Parent-Child + (Formerly known as Parent-Child Home Program)	Early Support for Infants and Toddlers (ESIT) a.k.a. Early Intervention or Birth to 3	Early Childhood Education and Assistance Program (ECEAP) and Early Head Start (EHS)	ECEAP and Head Start	Child Find Screenings and Developmental Preschool	Kaleidoscope Play and Learn Early Connections	Working Connections Child Care Subsidy (Child Welfare Continuing Childcare Benefit)
Website(s)	<a href="http://www.nursefamilypartnership.org">www.nursefamilypartnership.org</a>	<a href="http://www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage/first-steps-maternity-and-infant-care">www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage/first-steps-maternity-and-infant-care</a>	<a href="http://www.doh.wa.gov/YouandYourFamily/InfantsandChildren/HealthandSafety/ChildrenwithSpecialHealthCareNeeds">www.doh.wa.gov/YouandYourFamily/InfantsandChildren/HealthandSafety/ChildrenwithSpecialHealthCareNeeds</a>	<a href="http://www.zerotothree.org/resources/110-infant-early-childhood-mental-health">www.zerotothree.org/resources/110-infant-early-childhood-mental-health</a> To find a provider, search online at: <a href="http://www.parenthelp123.org">www.parenthelp123.org</a> or call 1-800-322-2588.	<a href="http://www.parentsasteachers.org">www.parentsasteachers.org</a>	<a href="http://www.parentchildplus.org">www.parentchildplus.org</a>	<a href="http://www.dcyf.wa.gov/services/child-development-supports/esit">www.dcyf.wa.gov/services/child-development-supports/esit</a>	EHS: <a href="http://www.eclkc.ohs.acf.hhs.gov/programs/article/early-head-start-programs">www.eclkc.ohs.acf.hhs.gov/programs/article/early-head-start-programs</a>	<a href="http://www.dcyf.wa.gov/services/earlylearning-childcare/eceap-headstart">www.dcyf.wa.gov/services/earlylearning-childcare/eceap-headstart</a>	Local school district, search "child find."	<a href="http://www.childcare.org/family-services/find-care-ffn.aspx">www.childcare.org/family-services/find-care-ffn.aspx</a>	<a href="http://www.dcyf.wa.gov/services/earlylearning-childcare/getting-help/wccc">www.dcyf.wa.gov/services/earlylearning-childcare/getting-help/wccc</a> To find a licensed child care location, contact Child Care Aware of Washington to learn about program availability and quality rating status at <a href="https://childcareawarewa.org/families/">https://childcareawarewa.org/families/</a> or 1-800-446-1114.
Notes/ Local Agencies and Contacts (add your own)												

Please visit the Help Me Grow website or contact Help Me Grow to locate additional early learning programs that may be available in your area. Help Me Grow is a resource and referral linkage system, helping parents, caregivers, and professionals to navigate the complex system of services available to support families. Care coordinators are available to assist parents and caregivers in making the connection to resources in their community. Visit <https://helpmegrowwa.org>, or call the coordinated access point, Within Reach, at 1-800-322-2588.