

## family center

The Early Head Start Family Center is located within Discovery Alternative High School. Bus transportation is available for parents and children within the South Kitsap School District.

Because parental involvement is so crucial to development and bonding, students are required to visit their child throughout the day. You'll work in partnership with teachers and staff to support, encourage, and assess your child's growth and progress in the Family Center's nurturing environment.



# discovery early head start family child care center



A PROGRAM OF



IN PARTNERSHIP WITH



**Discovery Alternative HS**

**360-443-3680**

**[www.oesd114.org](http://www.oesd114.org)**

**2150 Fircrest Dr. SE Port Orchard, WA 98366**

## **family opportunities**

Our program encourages parents to participate in their child's journey through development. Each of the following opportunities is designed to provide you with the educational resources and support you need to help your child grow mentally, socially, emotionally, and physically.

### **Family Gatherings**

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Learn more about your child's development, family nutrition, and health

### **Policy Council Representative**

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Help shape program structure and design

### **Health Advisory Committee**

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Meet community partners including doctors, dentists, nutritionists, and other health professionals

### **Mother Read and Father Read**

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Learn creative ways to read to your child 20 minutes a day and receive free books

### **Parent Workshops**

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Discover new and effective parenting skills

Meals and child care are provided at all Family Opportunities!

## **family services**

Our program features a variety of services and activities to support you and your child. We'll work with you to set family goals and create opportunities for you to be involved in the child care environment. Your child can also receive developmental and behavioral screenings, while you gain connections to community resources.

## **pregnancy**

We support you from pregnancy to birth—and beyond! Prenatal support includes:

Birth planning and educational resources

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Mental health and nutrition support

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Safety, health, and goal planning for pregnancy and parenting (before and after delivery)

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Enrollment in the Family Center so you can continue to finish high school

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## **health services**

A healthy child's body and brain is able to properly develop during his or her first and most important years. As a parent in the Early Head Start Program at Discovery High School, you can receive the following resources to enrich your child's health and wellbeing:

Access to a Health Nutrition Advocate for all areas regarding your child's health

Health, developmental, and behavioral screenings

Support in establishing a medical and dental home to ensure up-to-date exams and immunizations

