

High-Quality Early Education and Health

What does early education have to do with health?

Health Outcomes – children in quality programs are at lower risks for serious cardiovascular and metabolic diseases later in life

Consistency – children in quality early learning programs are more likely to have regular doctor's appointments

Nutrition – quality programs provide healthy snacks and meals and have been shown to reduce rates of childhood obesity

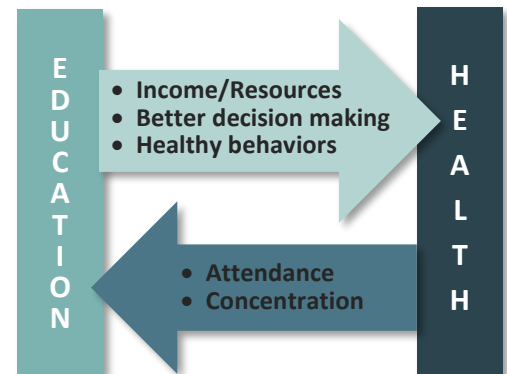
Physical Activity – Quality programs ensure that children participate in physical activity every day, improving motor and cognitive abilities

Development – children receive regular developmental screening and Early Intervention services as needed

Mental Health – curriculum is tailored to children's social and emotional development

Health at Home – quality programs partner with and educate families in maintaining a lifestyle that supports healthy eating and active living

Healthy People 2020: The on-time attainment of a high school diploma was listed as one of 26 leading health indicators, along-side vaccinations, obesity, and smoking



What does quality early education look like?



Early/Head Start, Pre-K Counts, PHL Pre-K and Keystone STARS 3 & 4 programs are considered quality early learning environments.

- Teachers with training and accreditation
- A developmentally appropriate curriculum that looks towards kindergarten and beyond
- Regular parent-teacher communication
- Children getting warm, individual attention
- Low adult-child ratios and small group sizes
- A variety of age-appropriate materials and lessons

How can parents afford quality child care?

PHLpreK: Parents from any income bracket can enroll their children (3-4) for free school day/school year care

Head Start/Early Head Start: Parents who make <100% of the Federal Poverty Level (FPL) can enroll their children (0-4) for free school day/school year care

CCIS: Working parents who make <200% of the FPL can receive a partial subsidy to cover the cost of care

Pre-K Counts: Parents who make <300% FPL can enroll their children (3-4) for free school day/school year care

Key Resources

- PHLprek.org or call 844-745-7735
- PAPromiseForChildren.com
- Child Care Works Helpline: 1-877-4-PA-KIDS

This information good through 7/18