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About Us

WELCOME!

North Snohomish County Early Head Start (NSC EHS) is a child-development program for income-eligible families with children ages birth to three or pregnant mothers. We work with you to promote the growth and development of your child by supporting you as your child’s first and best teacher. NSC EHS is funded by the Office of Head Start.

The Early Childhood Education and Assistance Program (ECEAP) is a comprehensive pre-kindergarten program designed to serve income-eligible children ages four to five years and their families. ECEAP provides education, family support, and health screenings for children. ECEAP is funded by the Washington State Department of Early Learning.

We invite you to read our Mission, Vision and Values Statements below...

Joe Varano
Early Learning Division Manager

MISSION
We engage in respectful partnerships with family members and community groups to nurture the development, education and overall well-being of young children. We provide educational experiences that cultivate the potential of the whole child. We provide family support, parent involvement and parent education that values diversity and builds on the strengths of each child and family.

VISION
Young children and their families are healthy and thriving as part of a diverse and unified learning community that is committed to their well-being. Parents advocate for systems that benefit their children. Families and community develop greater resilience, demonstrate compassion for others, and value life-long learning.

VALUES
Integrity  Trust  Compassion  Partnership
Inclusion  Empowerment  Resourcefulness  Accountability
Parents Talk About The Early Learning Division

North Snohomish County Early Head Start

Because of this program we can see our children’s developments, challenges and successes.

I love the parent trainings; I learn new things as my children are learning.

EHS has shown me that my children can learn things I did not believe they could learn!

I like the home visits with our Infant-Toddler Specialist and the support for my whole family.

My daughter really looks forward to the home visits; her face lights up when she sees our Infant/Toddler Specialist coming!

It is helpful for me to have someone who speaks our language.

I have learned how to set goals for our family.

EHS home visits and socialization times have provided stability in the middle of chaos for my family; we have all grown because of help received from EHS.

Early Childhood Education and Assistance Program

ECEAP provided a wonderful, stable learning environment for my daughter.

The role ECEAP played in my children’s lives during their formative years is in large part the reason for their success.

I have a real relationship with the awesome teachers who have given us so much support.

Teachers instruct with patience, caring and intelligence.

My daughter has just blossomed into a happy five year old.

I feel that ECEAP has improved the quality of life for my entire family; they have provided skills and confidence to my children.

ECEAP helped me in my transition as a single father.

One of the best things is the parent-training opportunities.

ECEAP gave us the opportunity to connect with other parents.

I liked that I could participate in the development of program projects.

ECEAP helped my son grow into a positive, happy and confident child!
NSC EHS Celebrates!
Our Second Anniversary
By Lindsey Wilson, LMHC, MS

On Friday, Aug. 18, the North Snohomish County Early Head Start program held their Second Annual NSC EHS Celebration. On this hot summer day, we had more than 100 participants engaging in various parent-child activities from water play to Zumba.

Here was some of the parents’ feedback:

“I loved the Conscious Discipline demonstration!”
—Tania

“We had so much fun!”
—Nicole

“Had the best time!”
—Rachel

“This event is awesome!”
—Lucio

“It is exciting to see how much my child has grown since last year’s EHS celebration...”
—Anne
...Early Learning Division Manager Joe Varano joins the celebration!
Summer Fun in Arlington:
NSC EHS at the Farmer’s Market
By Sarah Hogan, MA

In collaboration with the Downtown Arlington Business Association (DABA), North Snohomish County Early Head Start participated in the summer "Downtown Roosters" program in Arlington. Local businesses and non-profits purchased and painted roosters and chicks with their business logos to be displayed around town. DABA generously donated two rooster and chick signs (one English and one Spanish) to NSC EHS, which were displayed all summer long across from the downtown Arlington Women, Infants and Children (WIC) office. The roosters and chicks also made an appearance at the Arlington Farmer's Market in August, when NSC EHS Infant Toddler Specialists Lindsey and Monica provided story time for the kids! We appreciate our partnerships with DABA and the Arlington Farmer's Market and look forward to continued collaboration in the future!

Colorful Rooster 'n Chicks help spread the word about North Snohomish County Early Head Start!

Families browse the Market's bright array of fresh fruits and vegetables.

NSC EHS staff Monica (left) and Lindsey share stories with the children.
Snohomish County ECEAP is holding its fifth year of children’s home health-care training for ECEAP parents and caregivers! We anticipate that we will have trained close to 300 participants through Fall 2012!

This breakthrough health-education program empowers parents to use the best home health-care ideas and tools to:

- Recognize and address common health problems at home.
- Know when to call a healthcare provider.
- Reduce and possibly avoid costly medical bills.
- Learn how to communicate effectively with health-care providers.

Families receive training, a health-care reference book, a first-aid kit, other free gifts for home health-care needs, and…a chance to win a $20 Safeway gift card!

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September is apple month at Granite Falls ECEAP. This year we decided to include our 5th grade buddies. As you can see in the photo we have many apples hanging off our tree. Each one has a student’s name either from ECEAP preschool or the 5th grade class, and four teachers. We love working with our buddies every year and wanted them to know that we love them and appreciate them.

We also decided to include our “ECEAP Girl,” a child-sized cut-out doll. Last week, our theme was from the book Ten Apples Up on Top. I read the book and the students did a few activities surrounding the story. One of the activities was learning how to pattern using the apples up on top of the ECEAP Girl’s head (left). They have so much fun playing during “free choice” with this activity.

We hope you enjoy taking a little peak into our classroom!

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ECEAP Health Care Institute

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Home health-care instruction is provided by a trained nurse.

Parents receive free materials, like this useful book, a first-aid kit, and more!

Training includes slide presentations and interactive demonstrations.
ECEAP Salutes Governor Gregoire

As Gov. Christine Gregoire leaves office, ECEAP salutes her unflagging dedication to early learning. Throughout the eight years of her governorship, as the state struggled to balance its budget, Gregoire stood out as a champion for ECEAP.

Among her greatest achievements are the creation of the Department of Early Learning in 2006, the formation of Thrive-By-Five Washington, and her leadership that helped Washington win the $60 million federal learning grant Race to the Top.

Read the full article about Gov. Gregoire’s early learning legacy at: http://thrivebyfivewa.org/2012/09/10.

Gov. Christine Gregoire

North Carolina Mandate for Early Learning

The North Carolina Court of Appeals upheld the order of Superior Court Judge Howard Manning mandating the state not to deny any eligible four-year-old enrollment in the North Carolina Pre-Kindergarten Program. Leaders in the state’s early learning arena have rejoiced over this landmark decision that reaffirms that every child should be given the opportunity to succeed in life. Read the full article at:


ECEAP a Key Investment

ECEAP is in the news! On Sept. 8, the Seattle Times published an article in its Editorials/Opinions column by the Washington State Department of Early Learning. The article, “Early Learning a Key Investment,” pointed to ECEAP as one of the strongest tools our state has to help prepare children for success in life. The National Institute for Early Education Research placed Washington’s early learning programs with the top quality programs in the nation!

A teacher at one of our Everett School District ECEAP sites works with children on a literacy project.

The article emphasizes the need for expansion of ECEAP. ECEAP serves approximately 8,400 children statewide, but there are not enough slots for 19,000 more eligible children. Read the full article in the Sept. 8 issue of the Seattle Times.

Preschool is the Best Investment for Young Hoosiers

What is a “hoosier”? Hoosier is an affectionate nickname for citizens of the state of Indiana, and in this difficult economy, they are concerned about the future of their children. An editorial in the Sept. 14 issue of the Indy Star newspaper, “Our Opinion: Preschool Will Provide Best Education for Young Hoosiers,” calls for a change: instead of investing in business subsidies, invest in early learning! Indiana is one of several states that deeply struggle with current economic issues. Now they are looking to the economists for the answer. And the economists are saying, invest in a better educational foundation for future generation of taxpayers and workers. Read the full article at www.indystar.com.
ECEAP has always been a strong supporter of the parent’s voice. As we read about how legislative leadership and early learning organizations promote children’s programs, we remember the voices behind the initiatives—the parents and caregivers who speak out for the welfare of families in Washington state and all over the nation.

Snohomish County ECEAP and NSC EHS are building on their solid foundation of parent leadership. This coming year, Snohomish County and site staff are developing program projects that will coach and encourage parents to get involved in advocating for their children. We call it “Strong Voices for Strong Families.”

Strong Voices will have a two-fold approach...

First, we will work with the ECEAP Policy and Advisory Council parent representatives appointed by our sites across the county. Together we will develop a training series to help parents communicate with confidence and advocate for their families. We will work with our site staff to find out what strategies staff use that best support effective communication and advocacy. Our objective is to coach parents to communicate effectively with others—family, doctors, agencies, community leaders, legislators and more.

Secondly, we will use Strong Voices to help prepare parents to speak with legislators at our annual trip to Olympia in March 2013, called Advocacy Day. Many parents from Snohomish County ECEAP will be speaking face-to-face with legislators about the ECEAP program. Strong Voices can help parents feel comfortable and confident to present their message to their state representatives. Keep in mind that parents who are not able to go to Olympia, or prefer to send messages in a different way, can also use Strong Voices strategies. They can advocate for their families by writing messages and working behind the scenes to build and support platforms for early learning. Talk with the ECEAP staff at your site for more information on Advocacy Day and ways you can participate.

Photos of Advocacy Day...

“I attribute my success to this: I never gave or took an excuse.”
—Florence Nightingale

Strong Voices for Strong Families: Communicating With Confidence
By Laurie Bain-Smith, MS

Parents from ECEAP join other groups at a rally on the Capitol steps in Olympia on Advocacy Day. WA State Association of Head Start and ECEAP Director Joel Ryan is in the foreground.


Parents and staff from the Josephine Sunset Home ECEAP at the office of their legislator. Advocacy Day participants wear red to show solidarity.
Are You a Parent Leader?

On the previous page, we told you about our new initiative, Strong Voices for Strong Families. Parents who advocate for their families and for others in need lead by example. Many parent leaders join the ECEAP or EHS policy councils, volunteer in the classrooms, or help organize site events. Others may use their skills to help fellow parents connect to resources, give classroom presentations about their jobs or hobbies, or do minor repairs at their ECEAP site.

Are you...?

- Ask for help.
- Ask questions about the purpose of the group.
- Volunteer to take on more tasks or responsibilities.
- Connect with other parents or families involved in the group.
- Help other parents voice their concerns.
- Notice and encourage progress and growth within yourself and others.
- Share ideas for activities and projects.
- Share information and resources.
- Encourage other parents to take opportunities.
- Respect and model guidelines of the group.
- Take on leadership roles.

Are you...?

Trustworthy
Enthusiastic
Confident
Tolerant
A Problem-Solver
Caring
Inspiring
Competent
Committed to Excellence

Here are some signs that you are interested in leading and helping make a difference in your family, school, place of worship, workplace or community.

You...

Adapted from “The FRIENDS National Resource Center for Community-Based Child Abuse Prevention”

Parents participate in an NSC EHS socialization, a time when EHS families all get together for playing and learning. Socializations are great opportunities for parents to connect with other parents and support each other.

Celebrate the Successes is an annual dinner for ECEAP parents to share what ECEAP has done for their families. Each year, several parents volunteer to serve on the planning committee and help set up this important event.
More About Early Learning Division Services

North Snohomish County
Early Head Start Services
for income-eligible children ages birth to three and pregnant mothers.

We offer...

Weekly Home Visits
Activities to strengthen the parent-child relationship
Developmental screenings / assessments
Family goal-planning

Socialization Groups
Fun learning activities for children and families
Opportunities for families to meet and support each other

Resource and Referrals
Health, nutrition and mental health
Parenting classes

For NSC EHS enrollment information, call 425-388-6439.

Snohomish County
Early Childhood Education and Assistance Program Services
for income-eligible children ages four to five.

We offer...

Education
Language and literacy
Early science and math
Problem-solving
Social-emotional development

Family Support
Home visits and conferences
Parenting classes
Resource and referrals
Leadership and volunteer opportunities

Health and Nutrition
Developmental screenings
Well-balanced meals and snacks
Personal safety curriculum
Family health-care classes

For ECEAP enrollment information, call 425-388-7010.
A NEWSLETTER FOR PARENTS

The Snohomish County Early Learning Newsletter is published three times a year by the Snohomish County Human Services Department. If you would like to suggest a topic of interest, submit an article, or share photographs of NSC EHS or ECEAP activities, contact Joe Varano at joe.varano@snoco.org.

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