

WIC – Head Start Collaboration

Working together to better serve our “shared families”.

Tips for Beginning the School Year Together

Getting started:

Contact your local Head Start Health and Nutrition Specialist or Head Start Director to talk about ways to make it easier for “**shared families**” to participate in both programs.

Ideas to help families through collaboration:

- ★ Do new WIC certifications at Head Start “round-up” or have a WIC representative at round-up to do outreach and schedule future appointments.
- ★ Make a plan to coordinate care for shared high risk families. Head Start family advocates can help with follow-up and continuity of care at home visits. Visits are conducted throughout the school year.
- ★ Propose Head Start parent training could be used as a second nutrition education contact.
- ★ Share the most recent weights/heights and hemoglobins (see attached sample data request form).
- ★ Request Head Start teachers and family advocates encourage shared families to come to their WIC appointments. Some Head Start programs might even be able to provide transportation.
- ★ Agree on shared nutrition education messages for the school year.
- ★ Offer to attend the Head Start Health Advisory meetings.
- ★ Plan joint staff training opportunities such as Civil Rights, CPR and First Aid, nutrition and feeding relationship.
- ★ Plan staff wellness collaborations and possible competitions.