



RECOVERY & PREVENTION
RESOURCES
 of Delaware and Morrow Counties

Head Start Life Skills Program

Head Start Life Skills Program

Head Start is a primary prevention program designed to help young children, ages 3, 4 and 5, learn healthy choices and develop positive life skills. The purpose of the program is to increase social skills and prepare children for kindergarten.

Targeting youth at such a young age is important because health related attitudes and behaviors are formed early in life. The Head Start Life Skills Program strengthens and enhances existing classroom procedures and education so that positive social behaviors are encouraged and inappropriate behaviors are redirected.

The Head Start program uses age appropriate teaching strategies to engage the students in positive life skill development.

These strategies include:

- games,
- puppets, and
- age appropriate books to illustrate the lesson.

During the 2006 school year, prevention educators from Recovery and Prevention Resources, Helpline, and the Morrow County Health Department presented the program.

Lessons covered in this program include:

- healthy/unhealthy things to put into your body
- the effects of cigarettes and alcohol on your body
- feelings

- caring for friends and
- using words instead of hurting to express feelings.

During the 2005-2006 school year, 123 children in 8 classrooms participated. 61 participated at the Cardington site and 62 at Mt. Gilead site.



Students recognize that both beer and cigarettes are harmful

Preschool age students are at a very impressionable age where the formation of attitudes and life skills is extremely important. The Head Start program helps develop healthy attitudes and key age appropriate life skills.

The program targets healthy/unhealthy things to put into your body, the effects of cigarettes and alcohol on your body, feelings, caring for friends, and using words instead of hurting to express feelings.

Children increased their knowledge of the harm caused by cigarettes and beer.

At the end of the program:

- 86% of children recognized that both cigarettes and beer are harmful.

This is a 9% increase from the beginning of the program, where 77% recognized both beer and cigarettes as harmful.

At the end of the program:

- 89% of children recognized that cigarettes are harmful, which is a slight increase from the start.

At the end of the program:

- 94% of students recognized that beer is harmful.

This is a 10% increase from the beginning of the program, where 84% recognized the harm from beer.

Morrow Prevention Programs 2006 Summary Review

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PROGRAM HIGHLIGHTS

- 86% of children recognized that both beer and cigarettes are harmful
- 94% of the students demonstrated an improvement in feeling recognition and management by the end of the school year.
- 98% of the children said that it was "not okay" to fight with their friends

Children demonstrate life skills taught in the curriculum

The social and emotional development of each child is evaluated using the Creative Curriculum.

Children are taught to:

- recognize their own feelings and manage them appropriately, and to
- recognize the feelings of others and respond appropriately.



Each quarter a Head Start staff member rates each child based on the stage of life skill attained. They use a scale that indicates the child's life skill progression during the school year.

At the end of the school year:

- 90% of students demonstrated an improvement in self-feeling recognition and management.

- 71% of children demonstrated an improvement in recognizing the feelings of others and responding appropriately.

Overall, 94% of children improved in feeling recognition and management over the course of the school year.

Children recognize the importance of caring for friends

A key concept in the program is to reinforce students' ability to care for their friends and to behave positively with them.

We measure this by asking the students to respond yes or no to the following questions:

- 1) Is it okay to fight with your friends?

- 2) Should you play nicely with your friends?

At the end of the program:

- 98% of the children responded that it was not okay to fight with their friends.

This was a 15% increase from the start of the program.

At the end of the program:

- 99% of the students said that you should play nicely with your friends.

It is important to note that most of the students recognized the importance of playing nicely before the program began.

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Funded in part by:

Ohio Department of
Alcohol and Drug
Addiction Services

