

Head Start is a federally-funded and locally-delivered program that provides early learning, health, and nutrition services to children from the lowest income families. The program is comprised of Early Head Start, which supports infants, toddlers under age three, pregnant women, and their families, and Head Start Preschool, which serves children ages three to five.

Children are eligible if:

- Their family income is below the federal poverty line (**\$27,320** for a family of three),
- They are in foster care, or
- They are experiencing homelessness.

Services are provided to families at no cost. While free or low-cost preschool is available in many states, Early Head Start is often the only source of free early learning services for children under three.

COMPREHENSIVE SERVICES

When children enter Head Start, they get more than a classroom. They find healthy meals, medical screening and services, and a community that helps them build social skills and manage their emotions and behavior.

Head Start pairs high-quality early learning with comprehensive services that support a child's health and development while helping families build stability and self-sufficiency. This approach addresses the full range of factors that influence child and family well-being and creates the conditions for long-term success.

Head Start's wraparound services remove logistical hurdles allowing parents to earn a living or finish their education. This is particularly true in rural communities, where a lack of child care options, transportation, and other factors often create additional barriers for parents. In fact, in small towns, Head Start may be the only option for licensed child care.

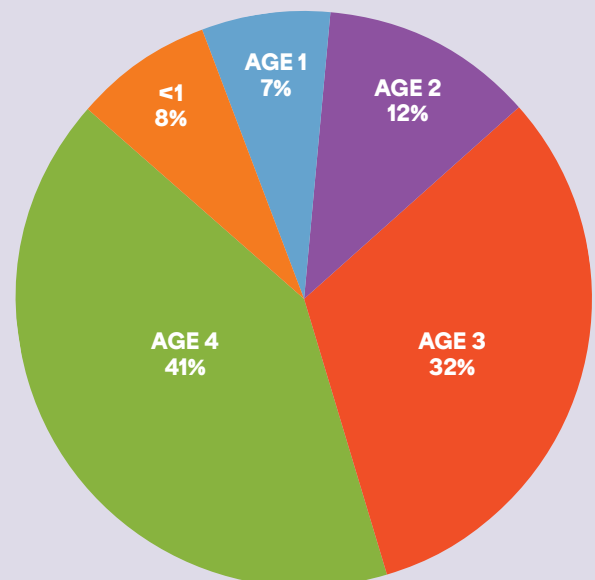
Without Head Start, nearly **650,000 low-income children** and families across the country would lose child care, early learning, and health and nutrition support, putting a greater strain on local communities.

NEW HAMPSHIRE AT-A-GLANCE

STATE STATISTICS	
\$23.8M	FY2025 Funding ¹
33	Program Sites ²
5	Grantees ³
ENROLLED/ELIGIBLE	
Total	
1,228	Children Enrolled ⁴
6,152	Eligible Children ⁵
Early Head Start (0-2)	
314	Children Enrolled ⁶
10%	Eligible Served ⁷
Head Start (3-5)	
914	Children Enrolled ⁸
30%	Eligible Served ⁹
CHILD CARE GAP ¹⁰	
13,813	Children Without Child Care*
Without Head Start, the Gap Increases By:	
10%	Statewide
7%	In Urban Areas
13%	In Rural Areas
PARENTS ¹¹	
62%	Head Start Parents Employed, Attending School, Job Training

**Due to a shortage of accessible slots, known as "child care gap"*

ENROLLMENT BY AGE IN NEW HAMPSHIRE¹²



POPULATIONS SERVED

Head Start serves children from the lowest-income households, children with disabilities, children experiencing homelessness, and children in foster care. The program offers comprehensive early learning and family supports to those most removed from opportunity to help them succeed in school and in life.

Head Start plays a vital role in helping families access services for infants and toddlers with disabilities.

Alongside robust developmental screenings, programs are required to reserve at least 10% of enrollment for children eligible for services under the Individuals with Disabilities Education Act (IDEA). Head Start is often where families learn a child is not meeting key developmental milestones, and, in some areas, is the only provider able to serve children with developmental delays and disabilities.

IN NEW HAMPSHIRE:	TOTAL SERVED	EARLY HEAD START AGES 0-2	HEAD START AGES 3-5
ELIGIBLE FOR IDEA ¹³	225	61	164
EXPERIENCING HOMELESSNESS ¹⁴	147	60	87
FOSTER CARE ¹⁵	63	22	41
AMERICAN INDIAN & ALASKA NATIVE ¹⁶	--	--	--
MIGRANT & SEASONAL HEAD START ¹⁷	--	--	--

LOCAL DESIGN & IMPACT

Head Start funds go directly to local grantees who operate programs in rural, urban, and suburban communities in a variety of settings, including centers, family child care, churches, and schools.

PERCENT OF CHILD CARE PROVIDED BY HEAD START IN NEW HAMPSHIRE¹⁸

URBAN	RURAL
4%	2%



BREAKDOWN OF PROVIDER TYPES IN NEW HAMPSHIRE¹⁹

	EARLY HEAD START	HEAD START
CENTER-BASED	51%	100%
HOME-BASED	49%	0%
FAMILY CHILD CARE	0%	0%
LOCALLY DESIGNED	0%	0%

Each program relies on input from parents and community members to ensure services are tailored and effective. In addition to employing Head Start staff, programs partner with local businesses and schools for everything from purchasing food and supplies to supporting the transition to kindergarten.

In **New Hampshire**, Head Start programs:

- Employ **381** staff, including teachers, family child care providers, and home visitors.²⁰
- Have **54** partnerships to serve children with disabilities.²¹
- Have **48** partnerships to support the transition to kindergarten.²²

LEARN MORE:

[Head Start and Early Head Start: An Overview](#)

[Head Start: Comprehensive Services](#)

[Head Start: Populations Served](#)

QUESTIONS? CONTACT:

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