

**Early Head Start Family Advocates,
Home Visitor & Health Assistant:**

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Head Start Family Advocates:

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*A goal without a plan
is just a dream,
but a goal
with a plan
is the
road to success!*



Washita Valley Community Action
HEAD START/ EARLY HEAD START
P. O. Box 747
Chickasha OK 73023
405-224-5831

**HEAD START
&
EARLY
HEAD START**

*Family
Partnership
Agreement*



Family Assessment

Family Advocates will meet with you to complete a Family Assessment. This will help to:

- Identify your family's strengths
- Address any concerns your family may have
- Indicate topics of information that interest you
- Deal with challenges

Identifying Family Strengths

Strengths can be found in many areas of a family's life. Family Advocates will help you focus on these strengths as you set goals for your family. Examples of Family Strengths:

- Good communication skills
- Good coping skills (experience dealing with problems)
- Good relationship with extended family living nearby
- Employed
- Job experience or training
- GED or High school graduate
- College or tech skills
- Adequate housing & utilities
- Family unit intact
- Have transportation
- Managing on income
- Physically healthy
- Mentally healthy
- Friends in community
- Enrolled in Head Start!

Partnership Agreement: Working Together

You will be encouraged to set goals for your family and to create a plan to achieve your goals. Head Start will respect and value the decisions you make. Partnerships will allow us to work together toward the same goals. Please let us know how you are doing! We love to hear the news that you have made progress and completed one of the steps toward your goal! If we can help, please call!



Establishing Family Goals

What are your dreams for your family for the next 5 years? Do you want a newer car, or another house? Would you like to start a home business or change jobs? These are examples of long-range goals. Or, do you just want to pay the bills each month without running short? Do you want to establish a closer bond within your family, to learn to use a computer, or to become active in your community? These short-range goals may not take as long to achieve.



Achieving Your Target Goal

At first, you might feel overwhelmed by your goals. When you feel that way, it is easy to give up and do nothing. Goals are achieved only if we have a plan. We can break the goal down into smaller steps. Examples of these steps might be to work out a family budget, to enroll in school, take a parenting course, or join a community group. Goal-setting can become a way of life. Give it a try!

Addressing Concerns, Emergency or Crisis Assistance

Family Advocates are available as a source of support during difficult or stressful times. We do not have funds available, but we will try to connect you to resources. We will keep your issues confidential at Washita Valley Head Start. Examples of concerns or emergency or crisis assistance areas:

- Food or Clothing
- Housing or Utilities
- Budget or Legal Aid
- Medical or Counseling
- Drug or alcohol dependence
- Extreme depression
- Child's behavior
- Staying connected with incarcerated family member
- Violence in your home
- Job or educational opportunities