

Hope Starts With Us. Hope Starts Now.

Parents and caregivers are children's first teachers and champions. Here are a few ideas and resources to get your kids off to a great start.



Before a Child is Born

Take care of mom's and baby's health



A healthy pregnancy is important for babies' health and growth. Seeing a doctor, eating well, and lowering stress help our kids get a healthy start.

Find programs that support expecting moms have a healthy pregnancy, get food and financial support for the family, and connect to other families at SisterFriendsDetroit.com and Michigan.gov/MIKidsMatter.



Start early – Read, sing, and talk to babies while they are in mom's belly

The most important time for brain growth is while the baby is in the womb until its first birthday.

Once a Child is Born

Take time every day to help kids learn.



Talking!

When riding in a car or bus, talk about what you see, or tell your child a story.

When your baby talks or makes sounds, answer, repeat back what you hear, or ask them questions.



Singing!

Sing to your child about what you are going to be doing (going outside, cooking, etc.)

You can also use songs to teach a child to spell their name or learn their address.



Reading!

Read street signs, labels on food you eat, names on the stores you walk by – anything and everything.

Try making up stories!



Playing!

Play with your child and try to get them to copy you. Clap your hands, pat your head, and tip your head from side to side.

Use encouraging words and show your child how to do the activity.

Looking for fun things to do with your child that are free or low-cost?

Find more everyday tips and activities at vroom.org.

Great Start Wayne County Collaborative posts hundreds of activities and events for families in Detroit and Wayne County. Check them out at GreatStartWayne.org/findfun.

When Thinking about Childcare

High-quality childcare helps kids be successful in school and in life.

To find high-quality childcare, visit GreatStartToQuality.org/Families.

Detroit has scholarships for more than 150 high-quality childcare programs. To learn more, contact Dawn Clark at dawn@everybodyready.org or 734-225-6616.

Registration for free programs open every year between February and May.

- Head Start supports children ages 3-5, and Early Head Start is for children ages 0-3. To learn more, visit ThriveByFiveDetroit.org or call 844.849.KIDS (5437).
- Great Start Readiness programs are also available for 4 year olds. To learn more, visit resa.net/earlychildhood/gsrp/.

For Supporting the Whole Family

Local organizations throughout Michigan provide many resources for families.

To find help with breastfeeding, food, housing, clothing, paying the bills, paying for childcare, and enrolling your child in school, visit greatStartWayne.org/findhelp.

To find health insurance, food support, cash assistance, child care, and help for emergencies, visit Michigan.gov/MiBridges.

Questions about Michigan's health and human services agencies?
Call 2-1-1 or visit mi211.org.



Hope Starts Here is a movement of parents and families, early childhood experts, and civic and government leaders working together to improve children's lives in Detroit.

Hope Starts Here spent a year learning from 18,000+ Detroit families, education and health experts, and community members about what our children need to succeed and created a [10-year community action plan](#).

Join the Movement!

Learn about what's happening and how you can join in. Visit HopeStartsHereDetroit.org or Facebook.com/HopeStartsHereDetroit.

Have an idea to support kids in your community?

We are providing \$500-\$7500 grants for community projects. To apply, contact Community Connections at 313.782.4082 or CommunityConnections@preventionnetwork.org.