

# Early Start

Early Start serves caregivers with newborns through intensive home visiting. Services are targeted toward caregivers who face challenges that may negatively impact the well-being of their children. Early Start uses a planned, focused, and systematic approach to help caregivers learn and apply nurturing parenting practices, discover personal strengths and abilities, and make healthy lifestyle changes. See [www.earlystart.co.nz](http://www.earlystart.co.nz) for details.

<p><b>What is the model's approach to providing home visiting services?</b></p>	<p>Home visits take place based on a family's needs. Families with the highest level of need receive weekly visits for the first 15 to 18 months of enrollment. Families at the next level receive one visit every 2 weeks for 1 year or until set criteria are reached. Families at the next level receive monthly visits and families at the lowest level of need receive quarterly visits with a phone call between visits. Services are provided until the child is 5 years old and begins school. Early Start requires families to initiate services before the child is 9 months old. Families are encouraged to enroll prenatally.</p> <p>Early Start's target population includes the following:</p> <ul style="list-style-type: none"> <li> Low-income families</li> <li> First-time mothers or first-time parents</li> <li> Teenage mothers or teenage parents</li> <li> Unmarried mothers or single parents</li> <li> Parents/caregivers with limited education</li> <li> Families with history of substance abuse or in need of treatment</li> <li> Families with history of child abuse or neglect/involvement with child welfare system</li> </ul>
<p><b>Who is implementing the model?</b></p>	<p><b>Home Visitors</b></p> <p>Early Start was implemented by 29 home visitors in 2017. The model requires a bachelor's degree for home visitors. Home visitors are required to maintain a caseload of 10 to 14 families.</p> <p><b>Supervisors</b></p> <p>Early Start was implemented by seven supervisors in 2017. The model requires a bachelor's degree for supervisors.</p>
<p><b>Where is the model implemented?</b></p>	<div style="display: flex; align-items: center;">  <p>Early Start does not currently operate in the United States. Early Start offered services in two local agencies in New Zealand in 2017.</p> </div>