

## Benefits of High-Quality, Evidence-Based Child Care-Early Head Start Partnerships

California has an historic opportunity to lead the nation in expanding high-quality, evidence-based child care for the state's lowest income babies and toddlers. Extensive research proves the impressive benefits of this investment: better school readiness; later school success; and higher earnings *now* for parents—and for children later when they reach adulthood.

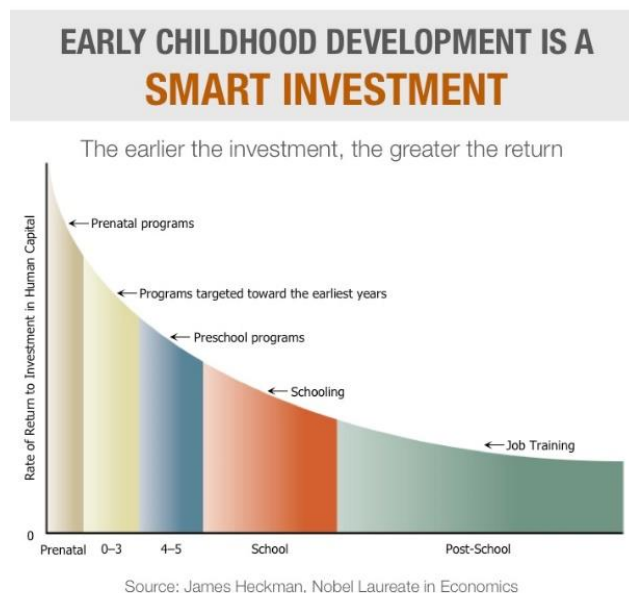
Randomized control trial evaluations of three high-quality infant-toddler early learning programs demonstrate benefits to both children and parents. These longitudinal evaluations investigated outcomes from the national **Early Head Start** program, the **Infant Health and Development Program**, and the **Abecedarian Project**. These high-quality programs were designed to start in pregnancy or at birth and combine skilled educators with health and family support services.

Renowned Nobel Laureate economist James Heckman estimates that high quality birth-to-five programs for low-income children deliver a **13%** return on investment—significantly higher than the 7-10 % return from investment in preschool alone.

In the research analyzed by Professor Heckman, starting early with a whole-baby, family-centered approach results in:

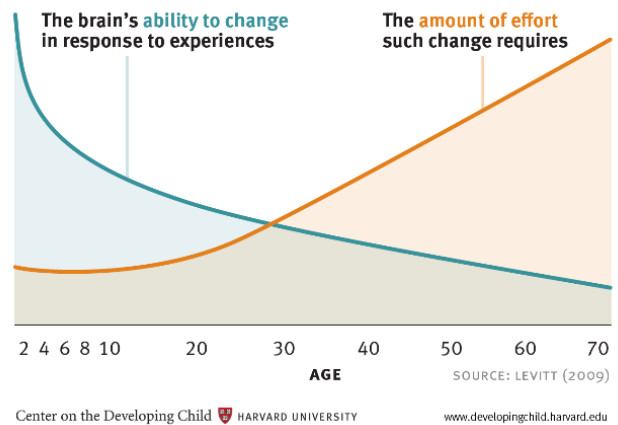
- success in school;
- improved earnings;
- economic well-being; and
- stronger health at mid-life.

Professor Heckman illustrates the high value of beginning prenatally or at birth with this curve.



The Center on the Developing Child at Harvard University explains *why* these results are achieved: the brain's ability to change in response to experiences is strongest in the very first years of life.

The Heckman curve is supported further by evidence from randomized control trial evaluations of three major programs – Early Head Start, the Infant Health and Development Program and the Abecedarian Project. These evaluations document *long-term* positive child and parent outcomes.



## Child Outcomes

Child outcomes from high-quality child care include higher:

- language skills and social competence prior to kindergarten;
- reading, math scores and social and emotional skills in the primary grades;
- high school completion;
- college attendance;
- adult employment, earnings, home, car, savings account ownership; and
- adult health, with lower rates of hypertension and lower risk of cardiovascular disease

## Parent Outcomes

In addition, these rigorous evaluations also demonstrate that participating parents, mostly women of color:

- completed more years of schooling after high school;
- were more likely to secure and sustain employment;
- engaged in more learning-related activities; and
- used more positive guidance with their children.

## Family Outcomes

Early Head Start families, as shown by the program's national evaluation, are more capable of caring for their children well, despite the adversities of poverty. **The Early Head Start Child Welfare Study** proved that participating families are *less* likely to have their children removed into foster homes and other out-of-home care.

*This Fact Sheet was assembled, from the original research, by Peggy Daly Pizzo, Director, Early Learning Project, Stanford University Graduate School of Education, January 2019.*