



# What is Hope starts **HERE** ?

A citywide movement to ensure that by 2027 all Detroit children are nurtured, healthy, and prepared to thrive.

## What Can We Do to Support Children?



### Before a Child is Born

- ✓ **Start early – Take care of mothers and their babies health.** A healthy pregnancy is important for child health and growth. Seeing a doctor, eating well and lowering stress all help improve the child's health.
- ✓ **Learn about taking care of expecting mom's health,** and get food and financial support for the family at [Michigan.gov/MIKidsMatter](http://Michigan.gov/MIKidsMatter).
- ✓ **Find programs that support expecting moms** in having a healthy pregnancy, while working with families at [SisterFriendsDetroit.com](http://SisterFriendsDetroit.com).
- ✓ **Read, sing, and talk to babies while they are in the mom's belly.** The most important time for brain growth is while the baby is in the womb until the first birthday.



### Once a Child is Born

- ✓ **Use everyday to help our children learn.** Visit the [Helpmegrow-mi.org/](http://Helpmegrow-mi.org/)



#### Talking

When riding in a car or bus, talk about what you see, or tell your child a story. When your child talks or makes sounds, repeat back what you hear or ask more questions so your child will talk more or make more sounds.



#### Singing

Sing to your child about what you are going to be doing next (like going outside, seeing all the bugs, 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 businesses you walk by – read anything and everything to your child. It's also fun to make up stories.



#### Playing

Play together 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.

## When thinking about childcare

High-quality child care helps babies be successful in school and in life.

### Finding Childcare

To find high-quality childcare options, visit [GreatStartToQuality.org/Families](http://GreatStartToQuality.org/Families). This website shows childcare options that have gotten high ratings from the state.

### Paying for Childcare

Working families can apply for assistance paying for child care at [Michigan.gov/MiBridges](http://Michigan.gov/MiBridges). Scholarships are also available for more than 150 high-quality childcare programs in Detroit. For more information and to apply for a scholarship, email Dawn Clark [dawn@everybodyready.org](mailto:dawn@everybodyready.org) or call 734-225-6616.

### Free early learning programs

Registration for free programs is every year between February and May. Head start supports children ages 3 to 5 and Early Head Start free child-care for children ages 0-3. To learn more and sign up for Head Start programs visit [ThriveByFiveDetroit.org](http://ThriveByFiveDetroit.org) or call 844.849.KIDS (5437). Great Start Readiness Programs are for 4 year olds Resa [net/earlychildhood/GSRP/](http://net/earlychildhood/GSRP/)



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## Supporting the Whole Family

### Looking for additional assistance?

Find help with breastfeeding, food, housing, clothing, paying the bills, paying for childcare and enrolling your child in school by visiting Great Start Wayne County Collaborative's site at [greatstartwayne.org/findhelp](http://greatstartwayne.org/findhelp).

To find health insurance (that's what we mean by coverage, right?), food support, cash assistance, child care, and help for emergencies, visit [Michigan.gov/MiBridges](http://Michigan.gov/MiBridges).

Still have questions about where to find assistance in your area? Call 2-1-1 or visit [mi211.org](http://mi211.org).

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## Joining the Movement in Your Community

### Looking for fun and affordable activities to do with your child?

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](http://greatstartwayne.org/findfun).

### Have an idea to support your community?

We want to make your ideas a reality. Hope Starts Here is providing mini-grants from \$500-\$7500 for community projects. For more information or to receive an application, contact Community Connections at 313.782.4082 or at [CommunityConnections@preventionnetwork.org](mailto:CommunityConnections@preventionnetwork.org).



[Join the Movement](#)

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