

## Head Start Approaches to Strengthening Families

Cecilia Mogley: Head Start is a program that provides many types of trainings. This is very important work. Couples all over the world have to understand how they get along and how they work together and the importance of maintaining and improving on their relationship.

Chris Scott: At first I was skeptical about it, like most men, I guess. You know, we really don't want people in our marriage. Some of the things that most concerned me was the fact of sharing. And, for me, it was really hard. So it was very good for me to come here just to experience those things.

[Speaking Spanish]

Robert Parsons: I was very surprised. The questions, or statements I should say, that kind of made me ask myself of, well, is that what has clogged, maybe, some channels for me to be able to open up. And there's things I've had problems in the past.

[Speaking Spanish]

Robert Parsons: The Head Start Healthy Marriage, it's made...it's made me realize that, wow, I need to be able to communicate with this child better because, like I said, I'm not getting to spoil the child and send it home. That whole, again, the communication end of it. Really, it's beneficial.

Chris Scott: I love the activities that we do. The group activities, the ice breakers, the communication skill activities we do, I use a lot of those. I'm corny, I use a lot of those at home with the kids, and they enjoy it.

[Speaking Spanish]

We also try to take it back to our kids. We sit down and we talk to them and relate to them about the things that we've learned. We let them speak, and now we can listen. And we learned to be able to share with our kids more. So, I've learned a lot through this class.

[Speaking Spanish]

Hope Scott: I appreciate what my husband and I have gotten out of the program. We've gotten trust. We're able to talk and communicate with each other better. And I feel more comfortable being with him because I feel like we can relate to each other better.

[Speaking Spanish]

It just opens up the community to what's going on and that you realize your problems aren't your own, that other families, other marriages, have similar issues going on with them, and that together you can learn to work through those problems.

Robert Parsons: Family, to me, sums up in one word. And I have to truly say, coming from the family that I was raised in... to the family I have, it's love.

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Sarah Parsons: You know, we have so much stress in our lives that we need to come back to faith and we need to come back to love. You have to have that in a positive, healthy marriage. We need to bring it back to what holds it together.

[Speaking Spanish]

Chris Scott: I have a tendency to be kind of sheltered and kind of by myself. But the classes are helping me kind of warm up to people. And I like to think people see me as being a more warm person towards my family, towards my wife and essentially towards other people.

[Speaking Spanish]

Woman: It's about relationships. It's about strengthening relationships.

Cecelia Mogley: A healthy marriage means a healthy family, which means a healthy community, etc., etc. It just vibrates out into the whole world.