

## Contact Us

Children needing more intensive supervision and attention may be appropriate for admission to our special Hard to Place units which have enriched childcare staffing.

For more information, or to make a referral to Astor's Early Childhood Programs, contact:

Mary Sontheimer  
Assistant Executive Director  
50 Delafield Street, 2nd Floor East,  
Poughkeepsie, NY 12601-1707  
Tel: (845) 452-4167 • Fax: (845) 452-0718



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Archdiocese of New York



Accredited By: The Joint Commission  
and the office of Head Start



...Because every child  
deserves a childhood.

Astor Services for Children & Families  
Early Childhood Programs  
50 Delafield Street  
Poughkeepsie, NY 12601-1707  
Return Service Requested



**ASTOR**  
SERVICES FOR CHILDREN & FAMILIES  
Early Childhood Programs

# Early Head Start



...Because every child  
deserves a childhood.



***“Of all injuries children suffer, none are as painful as the crushing of their spirit.”***

- *Dr. David Crenshaw, Retired Clinical Director of Astor Services for Children & Families and member of the Board of Directors*

### **A Tradition of Excellence...**

Astor Services for Children & Families since 1953, promotes the well-being of children, adolescents and their families through a range of programs that prevent and treat emotional problems and facilitate healthy development. Now serving over 6,000 children and families annually, Astor’s current range of services to families in the Mid-Hudson Valley and the Bronx include: Residential Treatment, Therapeutic Foster Family Care, Early Childhood Programs, and Community-Based Behavioral Health and Prevention Services.



## **Child Development**

- Relationship-based curriculum
- Learning using everyday household materials
- Ongoing developmental assessments and individual plans
- Encourage and support attachment process between parent and child
- Learning through daily routines
- Curriculum offers a variety of learning experiences which promote optimum intellectual, social, emotional and physical growth and development
- Establishing healthy and safe environments for infants and toddlers
- Tracking medical and dental care
- Fostering daily literacy and language experiences



## **Family Services**

- Assist parent by supplying information on child’s development, health, social and emotional needs
- Assist parent in setting goals and taking steps necessary to increase self sufficiency
- Parent workshops and classes
- Referrals to community support services
- Socialization opportunities

## **Adult Literacy**

- GED, ESL, Literacy classes
- Job skills and training opportunities
- Life skills, including budgeting
- Citizenship support

## **Program Model**

HOME-BASED

Early Head Start

(0-36 MONTHS)

- Weekly 90-minute home visit by Parent Infant Educator with child and parent
- Two socialization and playgroup opportunities a month for infants toddlers and their parents to support each child’s development
- Healthy snacks
- Developmentally appropriate learning activities for parents and children to enjoy together
- Parents encouraging each other
- Books, songs, movement
- Art experiences

## **Locations throughout Dutchess County**

- Beacon (845) 838-9904
- Poughkeepsie (845) 452 – 4167
- Pine Plains (518) 398-7370
- Millerton (518) 789 – 3077
- Mt. Alvernia, Wappingers Falls (845) 296 - 1892
- Wingdale (845) 832 – 3331
- Millbrook (845) 224-1642
- Red Hook (845) 758 - 9080

