

BEST STARTS FOR



KIDS

INVESTING IN PREVENTION: SAVING MONEY AND SAVING LIVES.

Prevention is the most effective, least expensive way to put our children and youth on a path toward lifelong success.

Yet, by the time we respond to negative outcomes in our community, there aren't enough resources available to invest in proven prevention strategies.

Best Starts for Kids provides the resources to invest early in a child's development to deliver the greatest returns.

PREVENTION CAN REDUCE THE NEED FOR COSTLY LATE-STAGE INTERVENTIONS:



Chronic disease



Domestic violence



Mental illness



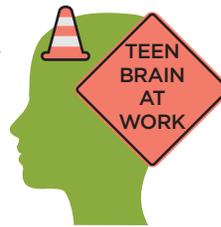
Homelessness

SCIENCE CONFIRMS WHAT WE ALREADY KNOW:

92%
of
brain growth
is complete
by age 5

Emerging neuroscience shows the **first 5 years** in a child's life are particularly critical for brain development.

Regions of the brain that govern emotion and self-regulation develop **through their teenage years.**



Research shows that investing in a child's development delivers the highest return. **Earlier investment = Highest return**



BEST STARTS FOR KIDS WILL INVEST IN WHAT WORKS:

- Strengthen a child's early development.
- Invest at key developmental milestones on a child's journey to adulthood.
- And create healthy communities that reinforce their progress.





BEST STARTS FOR KIDS WILL COMPLEMENT PRE-K.

By having more children start school each day strong, healthy, and ready to learn, we will maximize our region's investment in Pre-K programs.

OUTCOMES WE WANT TO ACHIEVE FOR KING COUNTY:



Babies are born healthy and establish a strong foundation for lifelong health and well-being.



The journey to adulthood is healthy and safe for everyone, building emotional and life skills to succeed.



Healthy communities offer safe, welcoming environments that support all children and families.

WE WILL INVEST IN PROVEN AND PROMISING STRATEGIES THAT DELIVER POSITIVE RESULTS:



Early intervention for teen depression.



Home visitations for new moms and families ensures babies are healthy.



Universal access to developmental screening when it is most effective.



Flexible funding for families and youth to prevent homelessness.



Communities that are more walkable and better connected.



Increase access to affordable, healthy foods.

PREVENTION WILL RESULT IN:



MORE
Babies born at healthy weight.



FEWER
Children who are abused, neglected and homeless.



FEWER
Youth who suffer from chronic disease and disability.



FEWER
Emergency room visits and lower healthcare costs.



FEWER
Young people who are involved in the justice system.

BEST STARTS FOR KIDS WILL HELP ENSURE THAT EVERY CHILD IN KING COUNTY HAS THE OPPORTUNITY TO REACH HIS OR HER FULL POTENTIAL IN LIFE.

www.kingcounty.gov/beststarts

For more information please contact Sheila Capestany at 206-263-7823.