

YOUR #HEADSTARTSTORY MATTERS

Send us a video telling us your Head Start Story!

Start filming your story!

Visit our website at the link below and select the appropriate button (Staff, Alumni, Parent)

Click on the link and fill out a brief form telling us who you are and which Head Start program you are associated with

Click on Start Video to be directed to our video collection tool. You can review the questions and take notes if you want before starting.

When you are ready, press “record” on question one. A timer will count you down, and then begin sharing your answer! When your answer is complete, you have the option to review and re-record, if desired. When you are satisfied with the result, hit “submit”

Tips for filming a successful video:

We hope these videos will be candid conversations with Head Start teachers, parents, and staff. No preparation or fancy camera setups are necessary! Below are a few tips to help make a great video.

- Place your camera or phone at eye level so you are looking into it directly. Propping the camera or phone up on books may be helpful. If you are recording on a phone, place it on a stable surface (don't hold it in your hand!) and record horizontally.
- Ideally, choose a quiet space with natural light. The best lighting is when you are facing the light source (sitting in front of a window is usually great!)
- Frame yourself in the center of the video, facing the camera directly.
- If you are a parent including your child, they can sit on your lap, or reposition the camera or phone at a lower height to capture their face.

[Visit our website to get started!](#)

By making a video, you agree to allow Head Start California to use your image (and your child's image, if you choose to include your child) to post videos, either alone or as part of a larger media production, which may be posted or linked to in social media posts, newsletters, annual reports, press kits, and submissions to journalists, websites, social media sites, and other print and digital communications. People who read your story may include legislators, early childhood education advocates, community members, and the general public. Head Start California will not sell the video or give the rights to another entity without your permission.

