

How to Submit a Public Comment on the NPRM “Reducing Federal Burden for Head Start Programs”

RIN 0970-AD30, Docket ACF-2026-0595

DEADLINE: OCTOBER 6, 2026 | [SUBMIT COMMENTS AT FEDERALREGISTER.GOV](https://www.federalregister.gov)

Step 1 | Go to the official comment page

Scan the QR code or use the link to go directly to the Federal Register page for this proposal.



Federal Register

Step 2 | Click “Submit a public comment”

Near the top of the page, click "Submit a public comment." This opens the comment form right on the page, no separate site to navigate to.

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FEDERAL REGISTER
The Daily Journal of the United States Government

Proposed Rule

Reducing Federal Burden for Head Start Programs

A Proposed Rule by the [Children and Families Administration](#) on 08/07/2026

This document has a comment period that ends in 32 days. (10/06/2026)

SUBMIT A PUBLIC COMMENT

8696 comments received. [View posted comments](#)

PUBLISHED DOCUMENT: 2026-16134 (91 FR 51248)

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Document Details
Document Dates
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DOCUMENT HEADINGS

Department of Health and Human Services
Administration for Children and Families
45 CFR Part 1301, 1302, 1303, 1304, and 1305
RIN 0970-AD30

(L) printed page 51248

Step 3 | Go to the official comment page

Paste or type your comment into the text box. Keep it focused on the one issue you know best, add your short personal story, and end with a clear ask (what you want HHS to do). There is no minimum or maximum length, but a focused paragraph is more effective than a long list of every concern. You can submit more than one comment!

The screenshot shows the 'FEDERAL REGISTER' header with the National Archives logo and the Department of Health and Human Services seal. Below the header, a blue bar indicates a 'Proposed Rule'. The title of the rule is 'Reducing Federal Burden for Head Start Programs', dated 08/07/2026. The page is from 'regulations.gov'. A message states 'You are submitting an official comment to Regulations.gov.' and 'Thank you for taking the time to create a comment. Your input is important.' Below this, there is a 'Change Comment Recipient' link and a 'Comment' text box. The text box contains the comment: 'I am a Head Start parent in Wisconsin, and I'm concerned about the proposed change to...'. A yellow box highlights the text box, and a yellow arrow points to it from the right.

Step 4 | Decide what to share about yourself

You can submit anonymously or include your name and organization. A quick note worth including here: **comments are posted publicly**, including any personal information you choose to add, so only include what you're comfortable being public. *You do not need to include your address, phone number, or your child's name to make your comment count.*

Note - if you prefer to leave an anonymous comment, select Anonymous

The screenshot shows the 'Tell us about yourself! I am...' section of the form. It includes three radio button options: 'An Individual' (selected), 'An Organization', and 'Anonymous' (highlighted with a dashed yellow box). Below these options are input fields for 'First Name', 'Last Name', 'City', 'State', 'Zip', 'Country', and 'Phone'. A yellow box highlights the 'First Name' through 'Country' fields, and a yellow arrow points to it from the right. At the bottom, there is a disclaimer: 'You are filing a document into an official docket. Any personal information included in your comment text and/or uploaded attachment(s) may be publicly viewable on the web.' and a checkbox for 'I read and understand the statement above.'

Step 5 | Review and Submit

Read your comment once more, then click "Submit Comment." You'll receive a confirmation screen and a tracking number. Save or screenshot that confirmation as your record that it went through.

A Proposed Rule by the [Children and Families Administration](#) on 08/07/2026

You have successfully submitted an official comment to Regulations.gov.

Thank you! Your comment has been submitted to [Regulations.gov](#) for review by the the Administration Of Children And Families.

Comment Tracking Number **sample-number-123**

Optional Next Steps

Sign in or create a MyFR account to save your comment submission.

- ☒ Notify me when my comment has been reviewed and publicly posted.
- ☒ Notify me when a future document mentions the document I commented on.

[Sign In](#)

[Sign Up](#)

[Print your comment](#) for your records and for any future correspondence about your comment with the Administration Of Children And Families.

Your comment may be viewable on [Regulations.gov](#) once the Administration Of Children And Families has reviewed it. This process is dependent on agency public submission policies/procedures and processing times. Use your tracking number to find out the status of your comment.

That's It! | Comment submitted

One comment, in your own words, about the one issue you know best. Submitted before October 6, 2026, it becomes part of the official record HHS must review before finalizing this rule.

If you care about Head Start, encourage others in your life to submit a comment too, whether that's a fellow parent, a coworker, or a friend who's benefited from these programs. And if you find yourself thinking of more than one issue, come back and submit again. There's no limit to how many comments you can submit.

That said, quality matters more than quantity. A comment that's detailed and personal, grounded in something you've actually seen or experienced, carries more weight than one that tries to cover everything at once. Focus on what you know best, and let that come through.

Not sure where to start? Sample comment starters for each issue area are on the next page.

Sample Comment Starters



Pick the issue you know best. Fill in the brackets with your own experience, then add your ask.

These are starting points, not scripts. The more you personalize the [bracketed] parts, the stronger the comment. Each one follows the same shape: name the issue, share a specific detail from your own experience, and end with a clear ask.

Program Hours

I am a [Head Start parent / Head Start staff member] in [City/County], Wisconsin. I'm concerned about the proposed changes to required program hours. [Describe how full-day or full-year hours affect you or your family — for example: getting to work, finishing a degree, keeping a consistent routine for your child]. If programs are allowed to shorten hours, [describe what you think would happen to your family or classroom]. I'm asking HHS to keep the current requirements for program hours in the final rule.

Class Ratios

I am a [Head Start parent / Head Start staff member] in [City/County], Wisconsin. I'm concerned about the proposed change to teacher-to-child ratios. Right now, my [child's classroom / classroom] has [current ratio, if known] teachers for [number] children. [Describe what you've seen about how ratio affects attention, safety, or learning]. If classrooms grow larger, as the proposal estimates could happen nationwide, I don't think teachers will be able to give children the individual attention they need. I'm asking HHS to keep the current teacher-to-child ratio requirements in the final rule.

Quality Teachers

I am a [Head Start parent / Head Start staff member] in [City/County], Wisconsin. I'm concerned about the proposal to remove most training, coaching, and credential requirements for classroom staff. [Describe a specific way qualified, well-trained staff have made a difference — for example, a teacher who noticed and addressed your child's specific need, a teacher who used coaching to better support a child in the classroom, or your own experience being coached into a stronger teacher]. Removing these requirements could make it harder for programs to maintain consistent classroom quality. I'm asking HHS to keep training, coaching, and qualification standards for education staff in the final rule.

Health Services

I am a [Head Start parent / Head Start staff member] in [City/County], Wisconsin. I'm concerned about the proposal to remove the requirement for developmental screenings and follow-up tracking within the current timelines. [Describe a specific way an early screening or follow-up care made a difference for your child or a child you worked with]. Without these requirements, I'm worried that fewer children will be identified and get help early. I'm asking HHS to keep the current developmental screening and follow-up requirements in the final rule.