


Child's Name: _____

Site: _____ **Class #:** _____

Teacher's Signature: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week Totals
						1. Sing some favorite songs together. Use your arms and hands to show the actions of particular words in the song.	
						No Time Allowed	
2. Practice hand washing with your child. Sing the Happy Birthday song for 20 seconds. Explain the steps of handwashing.	3. Allow your child to comb/style their hair. Use props like bows, clips, soft brushes. Allow child to experiment	4. Teach your child how to roll a ball (you can also use rolled up socks). Roll the ball to your child. Have your child stop the ball with his/her hands.	5. Provide your child with paper. Demonstrate and encourage your child to tear the paper in small pieces. You can also try this with lettuce (after handwashing)	6. Give your child a crayon and paper and talk about any marks he makes. Take a picture while he's playing with the crayons. Post his picture around the house.	7. Look at family photos. Name your family members. Encourage your child to repeat	8. Read your child's favorite book. Allow your child to read it back to you. Take a picture of you and him enjoying the book.	
No time allowed	No Time Allowed	30 min	30 min	30 min	30 min	No time allowed	
9. Show your child how to drop a crayon or spoon into an empty milk/juice container. Let him shake the container and enjoy the sound	10. Use a muffin tin. Put different types of food. Ex: slices of apple, crackers, yogurt. Talk about the textures with your child	11. Give your child two household objects. Ask your child to put each object back where it belongs.	12. Cut up safe finger foods (do not use foods that pose a danger of your baby's choking) in small pieces and allow your child to feed himself.	13. Play a game with your baby. You do something and then try to get your child to imitate you. Clap your hands. If your child tries to imitate you, say, "Look, you can clap, too!"	14. If you have scraps of fabric around the house. Cut them into big squares. Play with the squares fabrics by throwing them on the air and allow your baby to catch them.	15. Have your child watch you as you prepare a recipe. Read each direction aloud. Then have your child count aloud with you as you add the ingredients. "1,2,3 eggs."	
No time allowed	30 min	15 min	30 min	15 min	15 min	No time allowed	
16. Lie on the grass together. Look up at the clouds. Talk about what you see.	17. While your child is in the tub, give him/her a couple of objects to experiment with to see if they will sink or float	18. Have a picnic on the floor in your home, or outdoors. Take pictures of your child's reactions. Share with your child's teacher.	19. Be silly. Practice stretches and exercises with your child. Take a video or pictures and make a collage. Share with your teacher	20. Use different items from the kitchen to make a sound and sing a song!	21. Pointing and naming. Ask your child "Can you show me your shoes?" "Show me your hands." Encourage and help your child identify	22. Make bubbles with your child 4 cups warm water ½ cup sugar ½ cup blue Dawn dish soap	
NO TIME ALLOWED	30 min	30 min	No time allowed	15 min	No time allowed	30 min	
23. Talk about the weather outside today. "It is sunny. I am hot."	24. Use a piece of cardboard. Cut and color shapes: circle, triangle, square. Show your child and encourage her to name the shapes.	25. Encourage your child to dress herself. Support her on pulling on/off her clothes.	26. While you read a book to your child, allow him to turn the pages and point to the pictures.	27. During bath time, give your child toys so they can wash them and talk about the importance of taking baths.	28. Make a fruit salad and talk about the fruits that you are using.	29. Talk about feelings. "You are so excited to see those balloons!" "You are really sad that Daddy just left."	
No time allowed	30 min	15 min	No time allowed	15 min	30 min	No time allowed	
30. While you dress your baby, name the pieces of clothing	31. Read your child's favorite book with him.						

DAILY ROUTINES HELPS BABIES AND YOUNG CHILDREN TO HAVE SELF-CONTROL AND BE READY FOR SCHOOL.

Parent Name: _____

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