

APRIL 2022

EARLY HEAD START 12-18 MONTHS FAMILY ENGAGEMENT HOME PROJECT

Childs

Name: _____

Site: _____

Class #: _____

Teacher Signature: _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
					1. Handwashing. Practice washing your hands with your child before and after meals. Sing the ABC song. Do it for 20 seconds. Describe what you are doing.	2. Put on some music and dance. Move around with your toddler and don't be afraid to be silly!! See who has the best dance moves.	
					30 Mins	No Time Allowed	
3. Encourage your child to play with a ball. Practice kicking motions, rolling and throwing. See which one they like best.	4. Homemade wagon. Attach a string to a shoebox. Show your child how they can pull the string to move the box. Put light items in and ask your child to help you move things from room to room.	5. Make at-home Playdough: 1 cup of water 1 tablespoon of vegetable oil 1/2cup of salt 1 tablespoon of cream of tartar 1 cup of flour Drops of food coloring	6. Use the same playdough. Today add a variety to kitchen tools so your child can make shapes, etc.	7. Have your child pick a couple of their favorite puzzles. Sit and work together. Encourage your child as they turn and twist their hands to make pieces fit. Celebrate their accomplishments!	8. Use flash cards and glue pictures that have emotions. Ex: child smiling and talk to your child. Encourage child to name the emotions/feelings.	9. Play a game of animal action. Name different animals to imitate. Try and make the sounds and practice the movements of that animal with your child. Be silly!	
30 Mins	1 HR	1 HR	30 Mins	30 Mins	30 Mins	30 Mins	
10. After bath time give your baby a massage. As you gently massage, describe what you're doing and name their different body parts.	11. Make a book. Gather photos of your family, pets or your child's favorite toys. Read the book with your baby and name each photo. Talk about colors, shapes, names	12. Let your toddler pick a book to read. As you read ask them to point out familiar objects, people and animals.	13. Encourage baby to kick a ball on the ground. Gradually build up to rolling ball so baby can kick it while in motion.	14. Make clean-up time a game by naming the toys your child chooses to put in the clean-up basket. Use encouraging words. You put the ball the away. You did it.	15. Make moon sand with flour and baby oil. Mix ingredients in a bowl or pan. Let your child add some too. Add some measuring cups so they can practice filling and pouring.	16. Paint using water on construction paper. Use brushes, fingers or sponges. If you want, you can add food coloring too.	
No Time Allowed	1 HR	No Time Allowed	30 Mins	30 Mins	1 HR	30 Mins	
17. Use items around your house (pillows, chairs, tables) to build an obstacle course. Celebrate when they get to the end. Use words like around, over, under, up, down.	18. Practice naming your child's body parts. First name and point to each area (nose, eyes, ears, tummy, etc.) Then try naming the body part and ask them to point themselves.	19. Create a box with a hole cut in the box. Decorate the box and insert scarf or different materials for child to pull materials out of the box. Strengthen his/her hand grasp	20. Gather different items that make noise (rattles, bells, pots, sticks, etc.) Make some music together while singing your favorite songs. Your child will love being part of the band.	21. While you are outdoor. Talk to your baby of the sounds, describe what you are doing or seeing.	22. Cut a slot in the top of a plastic tub (yogurt, sour cream, butter). Cut shapes in different colored paper. Say the color or shape of the paper and then have your child put it through the slot. Dump them out and start again.	23. Lay pillows and cushions on the floor in a line. Attempt to walk/crawl across them. Pretend you are on top of a wood log. Talk about balancing. Take a picture	
1 HR	No Time Allowed	1 HR	30 Mins	No Time Allowed	1 HR	30 Mins	
24. Tape some empty tubes (wrapping paper, paper towel, toilet paper, etc.) on the wall. Show them how to drop small pom-poms thru. Explore different ways to use them or connect them in different patterns.	25. 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.	26. During bath time add animals, dolls, plates, cups, measuring spoons, sponges, etc. Encourage your child to practice washing their toys with the soap and water. Describe what child does.	27. Practice some baby yoga. Try stretching to make different letters with your body or stretch your body to be the form of an animal. See if your child can touch their toes. Have fun!	28. Play a game of popcorn. Get one of your child's small blankets and some pom-poms or small balls. Shake the blanket so the balls bounce. Sing "Popcorn, popcorn. Pop! Pop! Pop!" When all the balls have popped off, have your child collect them and play again.	29. Have a picnic on the floor in your home or outside on the lawn.	30. Get baby to stack toys such as blocks or rings and describe each toy as your baby picks it up. Count how many items your baby stacks. Have them knock it down and start again.	
30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	No Time Allowed	30 Mins	