

MAY 2021

EARLY HEAD START 18 MONTHS - 3 YRS OLD FAMILY ENGAGEMENT HOME PROJECT

Childs Name: _____
Site: _____
Class #: _____
Teacher Signature: _____



Volunteers of America
LOS ANGELES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
2 Take some time to do deep breathing exercises after moments of frustration.	3 Have child help wash the toys after done playing. Provide a safe bin with water and mild soap.	4 Look at family photos taken outdoors. Recreate child's favorite photo by drawing it. Bring to school.	5 Play a game of ball toss. Count child's tossing attempts and praise child's efforts.	6 Dip child's feet in water. Place an old piece of cardboard or paper on the floor and let child make foot prints.	7 Let child use a laundry hamper to push around the house and collect things he likes to play with.	1 Take a moment to sit under a tree with your child and talk about what you see. Use descriptive words when talking.	
No time allowed	30 min		30 min	30 min	30 min	No time allowed	
9 After playtime, take a water break with child. Talk about the importance of staying hydrated.	10 Draw a hopscotch on the ground. Let child hop, jump, walk into each square.	11 Create a song/chant using silly words and sounds. Write it down and bring it to school to share during music time.	12 Create a Bingo game using old magazines or newspapers. Play it as a family. Help child find items as they are being called.	13 Place markers on the floor and have child step on them. Make a trail he can follow to a different part of the house.	14 Tame a moment to practice handwashing. Have child wash "between" fingers and "around" hands.	8 Take a walk down to the nearest tree and count your steps. Let child help with counting her steps.	
No time allowed	30 min		30 min	30 min	30 min	No time allowed	
16 Find a cozy area in the house to rest with child after rigorous play. Have child find cozy items to enhance the resting area.	17 Play a game of hide and find toy. Give child verbal hints. When found, have child hide the toy and guide you to finding it.	18 Create a human chain by holding hands with members of the family. Move around the house as you hold hands. Have someone guide the directions the chain moves.	19 Walk around the house with child. Find items that are "soft" and "rough." Help child point out the differences.	20 Let child submerge feet in small amount of water. Have a conversation about what they see happening to their feet.	21 As child gets ready for bed, play a game of Peek-a-Boo using his blanket to hide. Let child hide and surprise you during the reveal.	15 Have child help you find things which belong "inside" the house and things which belong "outside" the house.	
15 min		30 min		15 min	15 min	30 min	
23 Have family join in creating a book with drawings of favorite household items to play with and bring it to school.	24 Play a game of "London Bridges" with your family. Create a bridge using items from home and let child walk under it.	25 Have a picnic in any part of your home by creating a small snack with child's help. Eat it as a family and use the time to have conversations. Take a picture.	26 Create a box in which you and child can collect items collected on a home scavenger hunt. Name things you want child to find.	27 Create a box in which you and child can collect items found "under" table, chairs, bed, etc.	28 Take a moment to remind child proper tooth brushing procedures. Model brushing "front" and "back" teeth. Remind child to also brush gums and tongue.	22 Create a dance routine in which child can move forward, back, around, jump low, jump high, etc. Let child choose the music. Have family join in.	
1 hour	No time allowed		30 min	30 min	15 min	No time allowed	
30 Hold your child's hand and play a game of follow the leader. Let child take the lead and guide you around a path.	31 Let child help set the table during meal time. Talk about the items needed to eat.				30 min	No time allowed	1 hour
No time allowed	20 min						