APRIL 2026

EARLY HEAD START 12-18 MONTHS

FAMILY ENGAGEMENT HOME PROJECT

Childs Name:_____

Site: _____

Class #:_____

Teacher Signature: _____

Volunteers of America® LOS ANGELES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
			1.Sensory Bottle Creation – Fill a sealed bottle with water, glitter, or soft items.	2. Trace your child's hand prints several times and let your child color each handprint a different color.	3. Decorate a small box with family pictures on each side. Roll the box and have your child identify who is in the picture it lands on.	4. Use a muffin pan and sort a variety of small objects. This is an excellent first puzzle for infants and toddlers.	
			30 Mins	30 Mins	I HR	30 Mins	
5. Place kitchen utensils in a container and allow child to manipulate them, you can add water to make it more interesting.	6. Fill a box with objects made of different materials, such as metal, plastic and wood. Let your baby dump out the box and explore its contents.	7. Paint using water on construction paper. Use brushes, fingers or sponges. If you want, you can add food coloring too.	8. 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!"	9. Recycle a box and cut a hole across the top. Decorate the box and insert a scarf or different materials for your child to pull out of the box. This helps strengthen his/her hand grasp.	10. Practice some baby yoga. Try stretching to make different letters with your body or stretch your body in the form of an animal. See if your child can touch their toes. Have fun!	11. 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	30 Mins	30 Mins	30 Mins	1 HR	30 Mins	30 Mins	
12. Recycle paper tubes from paper towel rolls and toilet paper rolls. Cut tubes into pieces and give a muffin pan to your little one. Toddlers love to put objects into things and take them back out.	13. Use flash cards and glue pictures that have emotions (Ex: Child smiling) and talk to your child. Encourage child to name the emotions/feelings.	14. 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.	15. 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.	16. 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.	17. 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.	18. 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.	
30 Mins	30 Mins	1 HR	1 HR	30 Mins	I HR	30 Mins	
19. Tape empty tubes (wrapping paper, paper towel, toilet paper, etc.) to the wall. Show them how to drop small pom-poms through. Explore different ways to use them or connect them in different patterns.	20.While in the bathtub, have your child play with floating toys and sinking objects.	21. 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.	22. Encourage baby to kick a ball on the ground. Gradually build up to rolling ball so baby can kick it while in motion.	23. 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.	24. 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.	25. Encourage your child to play with a ball. Practice kicking motions, rolling and throwing. See which one they like best.	
30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	
26. Sensory Bag Art Place a small amount of baby-safe items such as colored gel, soft fabric pieces, or spring pictures inside a sealed plastic bag. Let baby touch and move the bag to explore colors and shapes.	27.**Nature Object Press Art** Press safe items like soft leaves or flower petals onto sticky paper or glue surf	**28. Sponge Paint Spring Art** Provide chunky sponges and washable paint. Let toddler dip and press onto paper. Create a "Spring Colors" painting to display.	**29. Finger Paint Rain Art** Use blue washable paint. Let toddler make dots or streaks to represent rain.	30. Paper Plate Sun Craft Let toddler paint or color a paper plate yellow. Add simple paper "rays."			
30 Mins	30 Mins	30 Mins	30 Mins	30 Mins			