

JANUARY 2026

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
				<i>Happy New Year!</i>	2. Provide a variety of self-care materials for child to explore, e.g., dolls to dress and undress, shoes to lace and tie, dress-up clothes with fasteners of varying difficulty.	3. Cut out a few long pieces of tape onto a wall, eye level to your toddler. You can stick piece of paper or different items. As you stick or unstick you and your toddler can count.	
					20 Mins	20 Mins	
4. Gather some water in a cup, using sponges, or paint brushes your toddler can submerge it and paint on concrete or wood. you can also include food coloring to the water if you like. You can help your toddler by describing the marks they paint.	5. Invite your child to clean up after play. Make it a game by naming the toys your child chooses to put in the clean-up basket.	6. Toss a ball into a big box or roll it through a tube and then invite your child to look for the ball. Repeating the game gives your child experience in predicting the outcome of their actions.	7. Using a laundry basket and recycled paper, make a bunch of paper balls and practice throwing into the basket. Then try throwing the ball from different distances.	8. Sit on the floor a few feet from your child and demonstrate how to roll a large ball. Encourage him to roll it back and make a fun game of it.	9. 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.	10. Move partly out of sight of your child and call their name and let them find you. This encourages your child to move around and rely on their own ability to find something that is hidden.	
20 Mins	20 Mins	20 Mins	20 Mins	20 Mins	30 Mins	30 Mins	
11. Use an empty paper towel/ toilet roll and show child how to put it against his mouth and speak, sing or make silly sounds. Skills: Receptive/expressive language, imitation.	12. Place your child on your lap, have some tins, pots or pans so your child can explore. You can explore sound, hand-eye coordination and gross motors.	13. Invite your child to touch parts of their body while you touch and name yours. Your child will learn about herself and better understand the name that goes with each body part.	14. Cut out a red, blue, and yellow piece of paper. You can then practice saying the colors, then ask your child for a particular color and look around your house to match the color to an object.	15. Provide balls of various sizes, textures, and grips to explore. Include balls with chimes, bells, and visible items rolling inside. Ask child to show you sizes and describe sounds for child.	16. Gather different sized boxes and place them around one area and have your child stack them after you model what they can do.	17. Play games like "Simon Says" to find body parts. Encourage child to lead the game and you can follow his/her commands. Add pictures of the body parts.	
20 Mins	30 Mins	20 Mins	20 Mins	30 Mins	20 Mins	30 Mins	
18. Create a feelings book, talk to your child about the different feelings there are. Together you can also draw the different emotions using crayons or markers.	19. Create a list of 2 or 3 questions and posted them in a place that will be easy for you to look. Ask those questions to your child as a routine to improve her/his communication skills. e.g. What do you think about our food today? etc.	20. Gather a few animal toys your child has or a book with animal pictures and make sounds for the different animals. Invite your child to imitate the sound or point to the animal/picture.	21. Sit across from your child and sing songs with them, especially ones that they can clap to or have their name in them. Singing provides a fun and interesting way to teach your child words and sound patterns.	22. Have child help you sort clothes. Have a basket for his clothes and one of mom and dad's clothes. This will help child to classify by sizes.	23. Use flash cards and glue pictures that have emotions. Ex: child smiling and talk to your child. Encourage child to name the emotions/feelings	24. Mystery box: Use the previous box with a hole cut to feel and touch different textures and try to guess what can it be game.	
20 Mins	20 Mins	30 Mins	30 Mins	20 Mins	1 HR	30 Mins	
25. Make the sounds of different animals, then ask child to name of the animals. You can also show the animals and ask to make the sounds.	26. Create a book using pictures of family members. Tell a story to your child about each family member. Help them name each person.	27. Go for a walk and collect different shaped leaves. Have child sort the leaves by size. A pile with big leave and a pile with small leaves. Have child make a collage and glue them on paper.	28. Cut out a variety of shapes from a carton box. Encourage child to color them, put stickers, etc. Encourage child to name and find more shapes around his home.	29. Set up an obstacle course so child can practice particular skills, e.g. hopping, balance, etc.	30. Sit across from your child on the floor, hold hands and rock back and forth while singing "Row, Row, Row, your Boat."	31. Look for picture books at the library that are based on the words to your child's favorite songs. Sing the song and then read the book together.	
30 Mins	1 HR	1 HR	1 HR	20 Mins	20 mins	1 HR	