AUGUST 2026

EARLY HEADSTART 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
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						30 Mins	
2. Read a book that contains animal sounds. Mimic the sounds together to boost language skills. Provide the name of the animal for connection. (Cognitive)	3. Take a walk and name what you see. Point out or choose a loose article to review and provide descriptive words such as “red berry, green leaves.” (exposure to language)	4. Play peek-a-boo with your child using a scarf or paper to hide behind. This builds memory and social joy through surprise and repetition.	5. Put on music of your choice and dance to it with your child. Move slowly and joyfully to develop rhythm and bonding.	6. Sit on the floor with your child and roll a ball back and forth to each other. Take turns and celebrate each roll to teach cooperation.	7. Finger-paint using yogurt or water mixed with food coloring. Let your child smear, swirl, and explore textures safely. Discuss what is happening in the moment with the child.	8.Clap along to 'Pat-a-cake,' or any movement/physical activity. These types of games teach rhythm and promote joyful interaction.	
30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	
9. Stack cups or blocks. Build up and knock down. Talk to your child about persistence and give them strategies to support motor and problem-solving skills.	10. Look at family photos. Point and name relatives to build memory and recognition. Have child repeat names and /or activities found in the photos.	11. Create bubbles at home using soap and water. Use hands to form a circle and dip into bubble solution. Blow into your hand to create bubbles. Watch, pop, and chase them for coordination and fun.	12. Explore the restroom at home. Discuss the toileting routine used in the classroom and make use of that same routine in the home.	13. Sing during bath time. Use songs to label body parts and soothe the routine. Have the child adjust water temp and fill line.	14.Practice waving 'hi' and 'bye'. Use a mirror to practice simple social gestures. Discuss or introduce the gesture as sign language.	15.Offer a soft book. Let your child flip pages and point at pictures to encourage early reading. (Language and Literacy)	
30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	
16. After play time have your child help to put toys away. Use words to describe and sort while cleaning up.	17. Use items from home to build a tower with your child. Count the blocks and knock them down with excitement!	18. Use items from home or your body to make silly sounds. Imitate and take turns to encourage vocal play.	19.Walk barefoot in grass, on cold tiles, and warm cement. Describe how it feels to explore sensory learning.	20. Engage in a game of hide-and-seek with a toy. Use simple questions like 'Where did it go?'	21.Let your child use a spoon, fork, and napkins at snack time. Praise their effort—even if it's messy!	22. Place some toys into a bowl and take them out. Say 'in' and 'out' to build spatial understanding.	
30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	
23. Point to body parts and name them. 'Where’s your nose?' Pause for their response. Explain what body parts do.	24. Create some bubbles. Let your child try to blow, pop and float them. Describes what is happening.	25. Have child bang pots and pans with a spoon. Experiment with soft and loud sounds and rhythm.	26. Use a mirror to display emotions to one another. Make silly faces together and talk about feelings and emotions.	27. Have the child choose an animal toy or picture. Discuss names, movement, and sounds of animals(s) chosen.	28. Sing the ABCs while clapping or moving your body. Move with the rhythm to support learning letters.	29. Expose children to and Practice sign language. Start with 'toilet' and 'all done' to support early communication.	
30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	

30. Have your child scribble onto paper with a crayon. Encourage them to explore. 30 Mins	31. Sing a lullaby during diaper time. Make eye contact and use a soothing tone to build connection. 30 Mins						