

SEPTEMBER 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
		1. Gather natural items found around the yard or a park and ask your child to touch each item. While touching the items, talk about the feelings (words) you are experiencing. (exposure to language)	2. Visit the library. Encourage your child to pick books to read. Read the book to them and discuss parts of the book and story. Take a picture	3. Practice toothbrushing with your child. Do it twice a day. Talk about clean teeth and the benefits of having clean, fresh teeth. Have the child create a picture of themselves engaging in a healthy lifestyle.	4. While you separate laundry items, give the child directions and discuss compare and contrast. For example, place the white socks with other white socks, and then pair them according to design.	5. Find a big carton box and cut it open. Encourage your child to lay on the carton so you can trace their body. Draw a face, hand, toes, etc. Name each part while pointing to it. Take a picture and share.	
		30 Mins	1 Hr	30 Mins	30 Mins	1 HR	
6. play a game of anatomy with your child by using the traced body art work previously completed. You and your child can point out body parts and test each others knowledge by asking what and why questions? Have child add parts not covered.	7. Get a small chair and encourage your child to stand behind the chair holding onto it. Have the child push the chair forward with help if needed. This exercise will develop your child's balance and ability to walk.	8. Sing a song and teach the song to your child via repetition. Use an instrument such as your hands for clapping or drumming, rice or beans in a cup as a maraca, or use your voice. Have the child present the song in a solo.	9. As you give your baby a bath, have the child count out the number of fingers and toes with you. grab a bar of soap and washcloth and have them make shape movements as they bathe. (mathematics)	10. Prior to dressing your baby, have them choose their clothes. Discuss and encourage your child to dress themselves by buttoning, tying, buckling, etc. Don't forget to label clothing as this will expose them to language and reinforce motor skills.	11. Gather different sizes and types of balls. Ex: tennis, basketball, soccer, etc. Talk about the texture, size, etc. Encourage your child to roll, bounce, and throw the balls or repeat what they have learned about each ball.	12. Ask your teacher to give you contact paper or use strips of clear tape. Place the sticky side up and encourage your baby to place his favorite toys on the sticky part and pull the toy off. Discuss what happened or have them predict what may happen.	
30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	
13. While outside, you and your child can lie on your back and talk about the clouds, sun, birds, planes, sounds, and colors. Use phrases such as white clouds, blue sky, chirping bird, etc. Ask the child to tell you what they see.	14. Collect cardboard rolls. Cut them in half. Use a shoe box and trace the rolls onto the lid. Cut out the circles and have your child fit the rolls inside the shoebox lid. Cut out smaller circles and ask why the roll doesn't fit?	15. Place a rope stretched onto the floor and tape it down. Have your child count out the steps as they balance themselves moving along the the rope. (mathematics and Gross motor skills)	16. While outside, pick up nature items (leaves, acorns, etc.). Create art at home using glue, paper, and markers. Talk about their art.	17. Visit the library. Encourage your child to pick a book. Use the book chosen and discuss the pictures. have your child say or repeat what they have learned from your discussion. Have them reenact their favorite part of the story. Take a photo	18. While doing the laundry, have the child separate clothes by colors and whites. Add extra to the activity by having the child toss the clothing into specific hampers separated by color.	19. Use the same big carton box of the traced child and encourage them to point to the parts and recall what they have learned. Add more to your drawing and discuss each addition. Take a picture and share.	
30 Mins	1 hr	30 Mins	30 Mins	1 hr	30 Mins	30 Mins	
20. Take a walk with your child along the sidewalk. Create rules such as no stepping on the lines or cracks. Count each step or brick out loud with your child.	21. While at home, take a glass or pan of water and have your child dip their hands into it. Take their wet hand out and press it onto the floor outdoors. Discuss evaporation, count out fingers, or use water and fingers to create art.	22. Have a discussion about rules in the home. Ask your child if they have rules in school or gather rules information from your child's teachers. Create a rules poster for home that includes pictures and words. (Language/literacy)	23. Sing songs to your child. Use an instrument or clap while you sing the song. Have your child mimic your actions and then have them choose a song and lead the rhythmic process.	24. Gather different sizes and types of balls (tennis, basketball, football etc.). Talk about textures, sizes, etc. Encourage child to roll, bounce, and throw the balls focusing on the different grasps or kicks needed to either kick or throw a ball.	25. Grab a cup of water and a branch from the yard. Have the child dip the branch into the water and write onto the cement outside. Watch together and explain what happens to the water (evaporates). Have child write their name. (science)	26. Grab some tin foil and wrap up a small toy with it. Present the wrapped toy to the child and have them unwrap it. Have fun by timing them and adding more wrapped toys. (develop fine motor skills)	
30 Mins	30 Mins	1.5 hr	30 Mins	30 Mins	30 Mins	30 Mins	
27. Grab a whisk and some pom-poms or paper towel formed into small balls. Place the balls/pom-poms into the whisk and hand the whisk to your child. Have them remove the balls/pom-poms from the whisk. (Fine Motor development)	28. Gather two bowls, a spoon, and rice or beans. Fill one bowl with the rice or beans. Have the child practice scooping and transferring the items from one bowl to another by using a spoon. (Sensory and Fine Motor fun)	29. Take several sized pillows from home and place them on the floor creating a small obstacle course for your child. Have the child climb, crawl, or balance over the pillows as they try to get from one end to another. (Gross motor development)	30. Take some tape and create zig zags and straight lines on the floor. Have your child walk along the tape to help them develop balance and gross motor skills. Add a greater challenge by timing them and having them beat their time getting from one end of the tape to the other.				
30 Mins	30 Mins	30 Mins	1 hr				