

Arrowhead Early Head Start and Head Start
At Home Activities
February (Physical Development & Health)

You are the first and most important teacher in your child's life. You are helping your child learn everyday by talking, reading, playing, and interacting together. Try some of the fun activities listed on the back of the form with your child. Activities are listed in order of developmental levels, starting with activities for pregnant mothers, infants, toddlers, preschoolers, and then kindergartners. Not only are you helping your child learn by reading books and completing fun activities together, you are also earning In Kind for our program. In Kind hours equals federal dollars that help run our program.

- Please complete this form and give to your child's teacher before the end of the month.

Child's Name _____ Site _____

Parent/Family Name (**Printed**) _____ Signature _____ **Total Hours** (all activities-both sides) _____

Parent/Family Name (**Printed**) _____ Signature _____ **Total Hours** (all activities-both sides) _____



February Monthly Book List
Language, Literacy, & Communication

Write the title of any books that you read with your child
and how many times on each line below.



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

*Each book = 15 minutes of In Kind

At Home Activities
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- Please write down how many times you completed an activity on the lines below.

Prenatal Mothers- Stretching: (15 min)

Number of times activity completed: _____

Take time to do some stretching indoors or out. Stretching is important to keep your body healthy while pregnant. Slowly move your head side to side to stretch your neck, do arm circles, and reach for the sky. How do you feel after stretching?

Ribbon Grasp: (15 minutes)

Number of times activity completed: _____

Tie a bright ribbon, scarf, or piece of material above the diaper changing area and let it hang down. As you change your baby, encourage baby to reach and touch the ribbon. Talk about what she is doing, “You touched the ribbon!”

Rain, Rain in the Tub: (15 minutes)

Number of times activity completed: _____

Get a small empty plastic container such as a yogurt or cottage cheese container. Poke some holes in the bottom and sides of the container. Help baby fill it with water during bath time. Help baby hold it and discover the “rain” while you supervise. Talk with baby about what is happening. “The water is falling down.” How does your baby react to the water?

Animal Moves: (15 minutes)

Number of times activity completed: _____

Tell your child you are thinking of an animal. Move around the room and make sounds like the animal you are thinking of. Encourage your child to join in and try to guess what animal you are pretending to be. Talk to your child about the movements, “Wow you are hopping!” or “I am moving so slowly.” Continue play by allowing your child to pretend he/she is a different animal and you guess what it is.

Germs: (15 minutes)

Number of times activity completed: _____

Help your child make healthy habits by talking about germs and how to keep germs away! Talk to your child about ways people get germs (sneezing, coughing, or touching animals). Talk about ways to keep germs away (using Kleenex, washing hands, coughing into your sleeve instead of your hand). Demonstrate the best way to wash your hands (warm water, soap, scrubbing, and drying).

String it Up: (15 minutes)

Number of times activity completed: _____

Encourage your child to use his/her small hand muscles by placing cheerios, beads, or rigatoni noodles on a shoe lace, pipe cleaner, or straight noodle. Count with your child how many items are on the string. Try it again, and encourage making a pattern.

Obstacle Course: (30 minutes)

Number of times activity completed: _____

Build an obstacle course for your child to go through. Take your child through the obstacle course, showing him/her how to do it. Then see how fast they can go through all the obstacles. Follow your child through the course to help them remember what comes next. Your obstacle course could include jumping over pillows, galloping around the chair, crawling under or over the bed, and skipping down the hallway.



Thank you for helping support your child’s development and our program!