

Arrowhead Early Head Start and Head Start
At Home Activities
October (Language, Literacy, Communication)

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) _____



October 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 Mother- Talking to Baby: (15 minutes) **Number of times activity completed:** _____

Your unborn baby can hear you, and is already learning different sounds and voices. Talk to your baby throughout the day, and encourage family members to talk to baby. Read a story, or sing a favorite song to baby.

Talk through the Day: (15 minutes) **Number of times activity completed:** _____

Talk to your baby throughout the day. When you are changing baby's diaper, tell him/her what you are doing. "Daddy's taking off your diaper. Daddy is going to wipe your bottom." When you give baby a bath, tell baby what you are doing. "Mommy's washing your tummy, tummy, tummy. Now your legs, feet, and toes." Even though baby can't speak yet, he/she can understand many things you are saying. How does baby respond to your voice? Does baby turn his head toward your voice, make eye contact, or smile?

Animal Sounds: (15 minutes) **Number of times activity completed:** _____

Practice making animal sounds with your child. "What does the kitty say? Meow." Practice when you look at animals in books, magazines, photos, during a car ride, or a visit to the zoo, pet store, or animal shelter. What animal sounds does your child know?

Nursery Rhymes: (15 minutes) **Number of times activity completed:** _____

Say or sing a simple nursery rhyme with your child. Try "Patty-cake, patty-cake, baker's man. Bake me a cake as fast as you can. Roll it, pat it, and mark it with a B. Put it in the oven for baby and me." Use your child's initial and name in the rhyme. Try "Twinkle, twinkle, little star. How I wonder what you are. Up above the world so high, like a diamond in the sky. Twinkle, twinkle, little star. How I wonder what you are." Try other nursery rhymes you know as well. Does your child say any parts of the rhyme?

Car Talk: (15 minutes) **Number of times activity completed:** _____

While you are traveling, ask your child to tell you a word, any word. Then take turns saying words that rhyme with it. Start with as many real words as you can think of. You can even make up funny, nonsense words.

Retelling a Story: (30 minutes) **Number of times activity completed:** _____

Read or tell a story to your child. Have your child draw pictures of the story and retell the story to you. Does your child remember any details of the story such as names of people, places, or events?

Rhyming Time: (15 minutes) **Number of times activity completed:** _____

Read a book with your child. As you are reading the book, ask your child to find items on the pages that rhyme. Ask them something like "Can you find something that rhymes with jar?" "What sounds like the word hat?"



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