

Arrowhead Early Head Start and Head Start
At Home Activities
September (Social & Emotional Development)

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) _____



September 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
September (Social/Emotional)

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

Prenatal Mothers– Prepare Siblings: (30 minutes) **Number of times activity completed:** _____

Help your child(ren) feel involved in your pregnancy and prepare them for a new baby. Talk with them about being a big sister or brother, let them feel your tummy, encourage them to talk and sing to the baby, bring them to a sibling class at the hospital, or encourage them to care for a baby doll of their own.

Making Sounds and Faces: (15 minutes) **Number of times activity completed:** _____

Respond to your baby when they speak or make sounds and repeat the sounds back to them. Watch their face and smile back at your baby as you talk back and forth. Make silly faces with your baby. How does your baby respond?

Clean Up: (15 minutes) **Number of times activity completed:** _____

Make clean-up time a game by naming the toys your child chooses to put away. Allow your child to drop toys into a basket for easy clean up. Having choices during clean-up time may make it easier for your child to learn about taking care of her belongings.

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

During times of conflict, ask your child how he/she feels and why. Label your child’s feelings and the situation, “You are mad, you wanted that toy and someone else has it” or “I can see that you are sad, you are crying”. What did your child share with you? Did your child name an emotion?

What are they feeling?: (30 minutes) **Number of times activity completed:** _____

Look through magazines, books, or photos for pictures of people with different facial expressions. Ask your child about each picture and what they think the person’s face is showing. Do they feel happy, sad, mad, scared, or surprised? Ask your child what could make a person feel that way. Ask your child to tell you about something that made them feel that way.

Nature Walk and Talk: (30 minutes) **Number of times activity completed:** _____

Go for a walk through your neighborhood or park. Talk about all the items you see, hear, smell, and feel such as leaves, twigs, pinecones, flowers, bugs, or animals. After your walk, have a conversation with your child about your walk. Ask your child questions such as “What was your favorite thing you saw on our walk?” Give your child time to answer you. Continue your conversation. Does your child take two or more turns in your back and forth conversation?



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