

**Activity: THIS IS THE WAY**

**Developmental Focus Area: Social & Emotional Age: Infant +**

**Increase your child’s personal care skills in a fun and meaningful activity. Modeling for our children when it comes to personal care is such an important life skill that as parents we do naturally. Brushing our bright teeth, washing our hands with a lot of bubbles, or making a big bubble bath at night et. with our children can easily become a routine practice. Our youngest may not be quite ready, but by modeling and creating a routine, we are teaching them to care and be responsible for their own well-being.**

**See our Family Resource- “This is the Way” for details on this activity.**

**Online Resource- Visit** <https://www.youtube.com/watch?v=a1IWWXZkHzY>

**Or search “Wash your Hands Dance with Baby Shark” on youtube.com**

***\*\*\*Please remember to read aloud to your child daily. We recommend reading a minimum of 3 hours a week with your child. ![C:\Users\BCCAP- Head Start\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VAOL3GO4\MC900437791[1].wmf]()***

**The PAL letters are developed to support your child’s academic/social emotional progress and related to the programs School Readiness goals.**

**Child’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Rate this activity from 1-5, circle your rating (5= highest rating): **1 2 3 4 5**

Comments about the activity: (PROVIDE EXAMPLE) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I agree that completing the at home activity and reading aloud to my child is equivalent to four hours volunteer time for the week.

**Parent’s Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| **DATE** | **Activity Code** | **HOURS WORKED** | **RATE** |
|  | **HA** | **4 hours** |  |