It Counts!

You're already doing in-kind activities in your home or community every day! These activities are <u>structured</u> and <u>enrich your child's development</u>. Choose activities that line up with your child's individual learning plan. In order for NOCAC to "count" the in-kind, families must fill out the *golden* in-kind forms and sign them! Be sure to include a short note (just a few words) about what you did where the form says "briefly describe activities". Your teachers or home visitors will collect these "**gold bars**" and that in-kind will count directly toward our funding goals! Please let your teacher or home visitor know if you need help filling out your in-kind or if you have misplaced it and need a new one!

Complete this side as you work with your child

Don't forget to sign!

Thanks again for helping us to continue providing high quality programs through your contribution of In-Kind!

Additional Resources

The internet has a ton of information and sites based on your child's developmental age. Check out ***https://pathways.org/baby-milestones-calendar/*** for informative activities and games based on your child's age! This is just one of many online resources to gain knowledge about important milestones and stimulating activities!

IN-KIND: Good as Gold

Dear NOCAC Head Start and Early Head Start Family,

Welcome to our school family! HS/EHS is evolving and growing and, as always, we can't do it without the support of each of our families. The first thing you can do to get involved is to create an In-Kind contribution plan. ***In-Kind is a way to give back***!

In-kinds are very important to the Head Start Program. Our grants require our program to match the funds they give us with <u>*donations and services*</u> known as In-Kind. Grants fund 80% of the program and NOCAC must match it with 20% in In-Kind. **If we do not receive the 20% in In-kind, we may lose funding. Therefore, your In-Kind forms are truly as *good as gold*!**

Each week a GOLDEN form called an In-kind will be sent home. Please take the time to fill out this form throughout the week with the different activities that NOCAC HS and EHS can count toward the 20% In-Kind requirement. Activities will be listed at the bottom of the In-kind with a number. These are things our families are already doing every day, we just need your help to capture it on the golden In-Kind paper! Please circle the amount of time that it took for you and your child to complete the activity. **We know that it may take some time to complete this form, but with your help we can continue to provide high quality programs!**

You can contribute time by:

- Volunteering at events/socializations

- Serving on Policy Council

- Engaging with your baby, toddler, or preschooler to do developmental activities

- Taking your baby or toddler to the doctor for well-checks

- Completing and documenting bag tag activities

- And more! This booklet is a tool to give you guidance as to what can count as In-Kind.

Thank you for helping us reach our goal of 20% total funding through In-Kind contributions this year!

PHYSICAL DEVELOPMENT: Child will demonstrate increasing levels of large motor coordination development.

It Counts When You...

- **SING AT BATHTIME:** This is a great time to practice self-help skills, sing a song, count all the toys, and name all the toys and items in the bathroom.
- **EAT DINNER TOGETHER:** Children learn so much at dinner time. When you help them use a spoon or cup, hold a bottle or create a pots and pans band. Fun and learning await!
- **PLAY ON THE GO:** Games like Follow the Leader,1,2,3 Hop, and Dance Off are great, engaging games that teach babies and toddlers important traveling skills. Go outside and take a ball to roll, kick or toss or use a blanket for tummy time and your little one will make strides in their growth.
- **GET CRAFTY AND CREATIVE:** Make water soup, mold dough, scribble, paint (with fingers or a brush), make bubbles and so much more! Have fun and develop fine motor skills!

SOCIAL/EMOTIONAL DEVELOPMENT: Child will demonstrate an understanding of themselves & others through the development of secure relationships and strong sense of self.
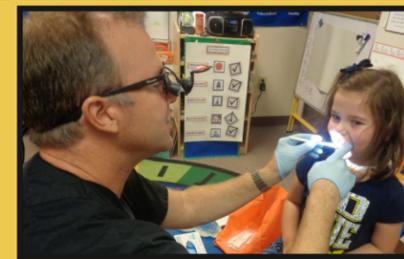
It Counts When You...

- **NAME FEELINGS:** Use traditional words: happy, mad, sad but be creative: energetic, calm, gloomy, displeased or cheerful to describe feelings.
- **PRETEND PLAY:** Get them thinking by helping them make up stories about their toys at bath time or wondering where the cars are going on the way to school or have a tea party.
- **SAY GREETINGS AND ACTIONS:** Create routines. Invent a hello & goodbye song for drop off & pick up.
- **SAY "YOU CAN DO IT!":** Teach self help skills. Name body parts that go into what clothes while getting dressed or showing them how to wash their face at bath time. Foster independence by encouraging your child to try on their own!
- **ASK ABOUT THEIR DAY:** Encourage social interaction by having your child tell you what happened today at school. It's okay if it doesn't make sense!

COGNITIVE DEVELOPMENT: Child will demonstrate developmentally appropriate functions of reasoning, problem solving, discrimination and classification skills.

It Counts When You...

- **IDENTIFY SOUNDS:** Help your child identify everyday sounds: birds singing, car horn, water, dishwasher. This will help them understand how sounds relate to everyday activities.
- **OFFER CHOICES:** Offer your child choices: what shirt to wear in the morning or between two snacks after school. This will help them learn to make confident decisions.
- **EXPLORE TEXTURES:** Expose your child to different textures and be descriptive: a bumpy orange, a sticky post-it note, a smooth toy, a furry stuffed animal.
- **COUNT TOGETHER:** Stimulate a child's brain: count the number of towels while folding laundry or the tomatoes you put in the cart at the grocery store.
- **ENCOURAGE CURIOSITY :** Hide things in the car on the way home for them to find, play a game of hide & seek before dinner, try new places to go as a family.

LANGUAGE DEVELOPMENT: Child will comprehend & use language to communicate & will demonstrate an appreciation for books.

It Counts When You...

- **READ TOGETHER:** Using books with pictures help children associate words with objects. Have fun. Use your creativity and encourage your child to help tell the story.
- **HAVE COLORING TIME:** Drawing, coloring and scribbling contribute to your child's writing skills. Breakout the crayons and have your child describe what they are drawing.
- **PLAY TELEPHONE:** Pretending to talk on the phone will give your child an opportunity to imitate your behavior and practice their conversation skills.
- **GO FOR A WALK:** Describe what you see and hear while walking with your child: "Do you hear the car? Vroom!" Introduce expressive language.
- **COOK A MEAL:** Engage your child while cooking. While getting out ingredients, tell them what you are grabbing and what it looks like. This will help expand their vocabulary.