



LEWIS COUNTY EARLY HEAD START

# EHS Family Togetherness

## October 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Read a book about Fall together.	2 Make a sensory bin with leaves in it.	3 Trace your child's hands/feet.	4 Have a family game night.	5 Rake leaves and jump in them.
6 Have a family day without phones and tablets.	7 Go on a nature walk at the DEC in Dadville.	8 Use pots and pans as musical instruments.	9 Visit your local library.	10 Attend the Family Fun Event at Bethel Church from 4:30-6:30!	11 Find red leaves outside.	12 Decorate pumpkins together.
13 Make homemade applesauce together. (recipe on back)	14 Listen to music together.	15 Prepare a meal together as a family.	16 Toss a ball or rolled sock into a basket.	17 Play "pat a cake" with your child.	18 Find orange leaves outside.	19 Color on a vertical surface by taping paper to a wall or fridge.
20 Make sock puppets.	21 Try a new food.	22 Make an obstacle course with pillows, chairs, etc.	23 Practice brushing teeth.	24 Look through a book/magazine w/ your child and talk about what you see!	25 Find yellow leaves outside.	26 Paint leaves or use them as stamps.
27 Turn off the TV for the day.	28 Practice handwashing.	29 Make Halloween masks out of paper plates.	30 Sing "itsy bitsy spider" together.	31 Dress up in costume.		

