

LEWIS COUNTY EARLY HEAD START

EHS Family Togetherness

November 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Go for a walk, collect leaves in a bag.	2 Make a collage with leaves from your walk.	3 Play peek a boo or hide and seek.	4 Make hand turkeys. (on back)	5 Use a spoon and open cup for lunch or dinner	6 Play catch or roll a ball.	7 Go to the library and pick a book to read with your child(ren).
8 Family movie night.	9 Read a book together.	10 ***Come to Family Fun night and take a family picture!!***	11 Take turns making faces in a mirror.	12 Recite Baa Baa Black Sheep (see back)	13 Introduce a new food	14 Make sock puppets and do a play/ recreate a favorite book.
15 Have a "child pick" dinner night!	16 Have a family dance party.	17 Use cardboard from a box to make a ramp. Roll a car or ball down the ramp.	18 Play or tell your child Hey Diddle Diddle (see back)	19 Use a muffin tin to sort objects from around the house.	20 Put some scoops or plastic cups in the bath. Practice pouring and scooping.	21 Cut toilet paper rolls into sections, string on a shoe lace.
22 Stack blocks. How many can you stack before they fall over?	23 Scribble or Draw with crayons. Practice lines and circles.	24 Try to take lids off jars, using a turning motion	25 Fill a whisk with pom poms, let your child pull them out.	26 Have each person in the family share one thing they are thankful for.	27 Make a meal with leftovers, talk about family traditions.	28 Do a show and tell time with items from around the house.
29 Family Game Night	30 Make a car from a tissue box.					



Easy Turkey Pot Pie Recipe (9-Inch Pie Plate)
Ingredients
Filling:
2 cups chopped cooked turkey (great for leftovers)
2 cups mixed vegetables (thawed if frozen, or a 10-12 oz bag)
1 can (10–10.5 oz) undiluted cream of chicken, cream of mushroom, or chicken and herb soup
Optional: ¼ cup milk or chicken broth if the filling seems too thick
Bisquick Crust Top:
1 cup Original Bisquick (or Bisquick Heart Smart) baking mix
1 egg
½ cup milk



Directions
Prep the oven: Heat your oven to **400°F (205°C)** (or **375°F** if using a glass pie plate).

Mix the filling: In a 9-inch pie plate (or round baking dish), combine the chopped turkey, mixed vegetables, and condensed soup. Stir until well blended.

Make the Bisquick layer: In a small bowl, whisk together the Bisquick mix, egg, and ½ cup milk until smooth.

Assemble and bake: Pour the Bisquick mixture evenly over the turkey and vegetable filling (do not stir it in; it will magically form a crust on top while baking).
Bake: Bake for **30 to 35 minutes**, or until the top is golden brown and a knife inserted in the center comes out clean. Let cool for 5 minutes before serving.

Stacking Milestones By Age



- **10 to 12 months:** Can stack 1 single block or object on top of another.
- **16 to 18 months:** Can stack about 3 blocks into a small tower.
- **18 to 22 months:** Builds a 4-block tower, then progresses to stacking up to 6 blocks.
- **23 to 26 months:** Begins lining blocks up end-to-end in a horizontal row.

3 years and older: Engages in creative block play, including building bridges, tunnels, and sorting shapes.



BAA, baa, black sheep,
Have you any wool?
Yes sir, yes sir,
Three bags full;
One for the master,
And one for the dame,
And one for the little boy
Who lives down the lane.

