



Home Connection Activity Guidelines by Age Group



In a Head Start program, home connection activities should be developmentally appropriate, engaging, and respectful of both the child's attention span and the family's routine. The timeframes below reflect best practices in early childhood education, allowing for meaningful interaction without overwhelming the child or caregiver. If families choose to repeat an activity twice in a day, the total suggested time is included. Quality of interaction is more important than quantity—activities should nurture relationships and foster growth.

Age Group	Recommended Time per Activity (minutes)	Total per Day (if repeated twice) (minutes)	Total per Week (7 days) (minutes)
Infants (0–12 months)	5–10	10–20	70–140
Young Toddlers (12–24 months)	10–15	20–30	140–210
Older Toddlers (24–36 months)	15–20	30–40	210–280
Preschoolers (3–4 years)	20–25	40–50	280–350
Pre-Kindergarten (4–5 years)	25–30	50–60	350–420

Always follow your child's cues—if they become distracted or tired, it's okay to stop early. Repeating a favorite activity can reinforce learning and build confidence. Make it fun, responsive, and connected to your daily routines!