

Parent Volunteer Time Sheet



Parent(s): _____ Child/Children: _____
 Class(es): _____

Date	Did You:	Hours
	Attend a Parent Meeting, Policy Board Meeting, Health Advisory, RIF Committee, or any other Parent Committee	
	Complete a project or activity for any of the groups mentioned above.	
	Have a home visit or parent interview	
	Attend parenting classes, prenatal classes, cultural art workshop, Fatherhood program, Mother/Father Read or other in-center workshop or events	
	Volunteer in the classroom or on a field trip	
	Transport a HS or EHS child other than your own to and from school	
	Transport your own HS or EHS child to and from school	
	Help plan a field trip	
	Provide childcare for a HS or EHS child other than your own	
	Complete activities for the classroom at home	
	Attend a volunteer training	
	Volunteer in the center other than in the classroom	
	Attend any community meetings	
	Take your child to the doctor or dentist or complete other necessary follow-up exams	
	Read the school menu to your child and talk about new foods, healthy eating	
	Other:	
	TOTAL:	

Please complete and return by _____
 Parent Signature: _____ Staff Signature: _____

Check any of the following you have
done with your child (children) this month.

Large and Small Motor Skills

- ___ spent time using scissors, drawing
- ___ spent time jumping, hopping, skipping, running, dancing, etc.
- ___ spent time throwing and retrieving objects like balls
- ___ spent time building with blocks
- ___ go for a walk
- ___ other:

Self-Help Skills

- ___ practice brushing teeth, combing hair
- ___ spent time cleaning up play area
- ___ spent time helping children dress themselves
- ___ spent time helping to eat with spoon and fork
- ___ spent time sitting together for a meal or at some other activity
- ___ other:

Language and Cognitive Skills

- ___ practice identifying colors, shapes, and objects
- ___ use numbers and counting
- ___ classify objects (such as by shape, color, number, or food group)
- ___ recognize and repeat pattern
- ___ read and look at books
- ___ help learn new words
- ___ help children express their thoughts and feelings
- ___ extending play, pretending with your child (asking open ended questions, add characters, objects)
- ___ practice identifying body parts
- ___ other:

Social and Self-Esteem Skills

- ___ help take turns sharing
- ___ learn about gentle and soft touches
- ___ help learn to manage behavior and impulses
- ___ provide positive praise
- ___ go for a walk
- ___ other:

**The parent is the expert on
his/her child.
—Touchpoints Principle #1**

