



# MAY 2020

## EARLY HEAD START 0-6 MONTH FAMILY ENGAGEMENT HOME PROJECT

Child's Name: \_\_\_\_\_

Site: \_\_\_\_\_ Class #: \_\_\_\_\_

Teacher's Signature: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Totals
					1. Prop your baby in a seated position. Talk to them as you work. For example, as you fold laundry, cooking, etc.	2. Practice tummy time with your child. Put interesting or favorite objects around and encourage them to try and reach for it. This can also encourage baby if they are close to rolling over.	
					NO TIME ALLOWED	NO TIME ALLOWED	
3. With the child lying on their back, hold a soft ball or rattle within his reach. Wave or gently shake the ball to encourage child to follow the item with his vision or grab and reach.	4. Practice tummy time. Put a mirror in front of your baby and point to his facial features. Ex: nose, mouth, eyes, etc.	5. Hold toys in various positions to encourage your baby to stretch and reach for the toys. Your baby will practice using his hands and body to reach objects and balance his body.	6. When you hear the baby cooing, babbling or gurgling video tape their sounds. Share the video with the teacher and show your child themselves. See your child's expressions.	7. Read a book to your baby. Hold the book in front of their face and point to the pictures as you label them.	8. While you breastfeed or bottle feed your baby look into their eyes and with a gentle touch embrace their face, arms, etc. Tell them how much you LOVE them.	9. Sing a song as you care for your baby, you help them learn to love music and feel comforted by soothing rhythm and motion. Write the song and take a picture.	
30min	NO TIME ALLOWED	30min	30min	NO TIME ALLOWED	NO TIME ALLOWED	30min	
10. Help baby kick feet and splash in the tub or help show them how to pop bubbles in the tub. Gently rub a warm washcloth over skin.	11. In a dimly or dark room turn on a flashlight and encourage child to follow the light. This will help build their vision skills.	12. Use a pillow to prop up your baby so she can look around independently. Propping her up allows your baby to explore more easily with her eyes and hands.	13. Do some actions that your baby can copy. Like opening your mouth, moving your hands, etc. This helps build experience and understanding through imitation.	14. Soothe baby on your lap. Place baby across your knees while you are in the sitting position and rub his back while he does a little Tummy Time. Talk, sing	15. Hold them close and play a game of tickle. Smile and laugh with baby. Tickle different parts of their body to encourage their movement. Named the different parts.	16. Give your baby a gentle massage with lotion or oil. As you do softly sing and talk to your baby to help relax. This will give baby's growing muscles a rest.	
NO TIME ALLOWED	30min	NO TIME ALLOWED	NO TIME ALLOWED	30min	30min	NO TIME ALLOWED	
17. Help your baby learn his name by using it frequently. Make a song using baby's name or add his name while you are reading a story. Write the song on a piece of paper and share it with teacher.	18. Play Peek-a-Boo with your baby. Talk to her from behind a cloth and then peek out.	19. Smile at your baby. Make eye contact. Look right into your baby's eyes when you feed her, change her diaper, and give her a bath. She'll be looking right back. It's a great way to connect and build trust.	20. Practice tummy time. Put a mirror in front of your baby and point to his face. Ex: nose, mouth, eyes, etc.	21. Cut photos of friends/family members/pets in your baby life. Glue each one to an index card with clear contact paper. Show the picture to your baby and name them	22. Turn on some of your favorite music. Hold baby close while you sway to the rhythm and sing along.	23. Make a streamer with ribbons and a bracelet or hoop. Dangle the ribbons in front or above the baby. Drag them lightly across their hands. Try different materials and see what they like to build baby's curiosity.	
30min	NO TIME ALLOWED	NO TIME ALLOWED	NO TIME ALLOWED	1 hr	NO TIME ALLOWED	1hr	
24. Imitate sounds that your baby makes, especially repeated sounds like da-da-da or ma-ma. Soon, some of these repeated sounds may turn into first words: mama, dada, or bye-bye.	25 Give baby easy to grasp and mouth toys. Show the baby what they can do with the toys and give them time to explore on their own. Describe the colors or sounds they make.	26. Offer toys that your baby can close her hand around. This encourages her to use her hands to grasp and release objects. Take a picture of your baby doing this activity and show your teacher.	27. Baby lotion or baby safe oil and gently massage your baby's arms, legs, back, etc. Quietly talk or sing while you message your baby.	28. While you hold your baby in your arms. Read a book to your baby.	29. Lay baby on their back and hold their feet. Gently guide them in a cycling motion. As you do sing a song such as "Row Your Boat". Baby will learn movement in a joyful way.	30. Cut out pictures from magazines that have animals with bright colors or black or white. Hold your baby or place him where he can hold his head up and look at the interesting pictures. This helps your baby learn to use his eyes and control his body.	
NO TIME ALLOWED	30min	30min	NO TIME ALLOWED	NO TIME ALLOWED	30min	1hr	

**DAILY ROUTINES HELPS BABIES AND YOUNG CHILDREN TO HAVE SELF-CONTROL.**

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

**\*\*If your Project takes more than the time indicated write the time in the blank box. The project must reflect the time indicated on the sheet.**

**Parent Name:** \_\_\_\_\_ **Parent Signature:** \_\_\_\_\_

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