



JUNE 2020

EARLY HEAD START 0-6 MONTHS FAMILY ENGAGEMENT HOME PROJECT

Child's Name: _____

Site: _____ Class #: _____

Teacher's Signature: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Totals
	1. Sing and talk to your child using exaggerated tones of voice. Watch your baby's facial expressions and see how he reacts to different pitches.	2. Egg sounds Collect 2 to 3 color plastic eggs. In one egg place rice, in the 2 nd one beans and on the 3 rd pieces of macaroni. Seal the eggs tightly with tape/hot glue and place them in a small basket and then have your baby shake them to hear the different sounds they make. SAFETY FIRST	3. In a soft tone of voice read to your baby. Ex: book, magazine, newspaper, etc.	4. While your baby is lying on her back, hold the toy in front of her face and, if needed, wiggle it slowly or gently touch her with it to get her attention. Then move the toy from side to side, and encourage her to follow along with her eyes.	5. Quilt Rag Cut out 12 pieces of cloth in different colors on which this cloths you might have at home. Cut them in small square shapes. Once done, sew them together to create a small quilt. Babies love holding to this small quilts.	6 Place your baby on her right side. Prop a pillow behind her if needed to maintain this position. Lie beside her or offer her a toy, small ring to hold in her hand. Switch to left side after a few minutes and repeat.	
	NO TIME ALLOWED	20min	NO TIME ALLOWED	NO TIME ALLOWED	1hr	NO TIME ALLOWED	
7 Lets make noises Make different sounds: sing something, clap your hands or do anything that catches his or her attention. If the baby gets irritated, play something else, or stop and wait until later.	8 Place baby on the floor on a blanket or lie down with baby on your chest facing you. Encourage baby to raise his/her head/chest in response to the sound of your voice, the sight/sound of toys or the sight of a mirror	9. Follow the Leader See how many actions your child can imitate in a row by tapping or opening and closing your hands. Tip start with something your baby is already doing like banging a toy on the table.	10. Place in a small plate several spoons of applesauce or something soft. Encourage child to feel/touch the texture. Discuss the texture of the applesauce. Encourage child to use fingers to eat.	11. If you baby has good head control, lay him on his back, place your hands under his arms, and gently guide him into a sitting position as he gains muscle tone and strength, do these sit-ups by holding his hands and slowly bring him to sit.	12. Get 5 small paper plates and color them. After draw a happy, sad, angry, crying, exciting face then show your baby one by one and see if baby can imitate these expressions as well.	13. Put on one of your favorite songs and, while holding your baby securely to your chest, gently move around together and dance to the beat of the music.	
NO TIME ALLOWED	NO TIME ALLOWED	20min	NO TIME ALLOWED	NO TIME ALLOWED	20min	NO TIME ALLOWED	
14. Making faces is a fun way to play; try making a surprised face or stick your tongue out. You will know if it's the right time to play when the baby watches intently.	15. Cut several shapes out of tag board/carton. Then color the shapes and place them in a ring. Show and name the colors and shapes to your baby.	16. Cut out 10 pieces of Felt /cloth in small square, on the left side, make 4 holes so that you can tied it. Paste different objects on each piece, so the baby can touch and feel. Ex: photos	17. Baby nature walk. Wrap or place your baby in a stroller. Walk and talk about the sounds and things you see in your neighborhood. Take a photo and share with teacher	18. Rattle-drum Use an oatmeal container or coffee cans. Glue a variety of color cloths/felt. Once done place objects inside that can make sound. Then seal the top and see how baby explores the new toy. SAFETY 1ST.	19. Baby safe mirror Show your baby her reflection in the mirror, then ask, "Who is that?" repeat it but using your reflection, sibling or with her favorite toys.	20. Read a book to your baby. Use soft or loud tone of voice.	
NO TIME ALLOWED	30min	1hr	NO TIME ALLOWED	1hr	NO TIME ALLOWED	NO TIME ALLOWED	
21. When baby is lying on his back, grasp his feet/legs and pedal them in a bicycle motion. Sing or talk to the baby.	22. With the child lying on his back, hold a soft ball or rattle within reach. Wave or gently shake the ball to encourage child to follow the item with his vision or grab / reach.	23. While baby is alert, awake, and calm place a soft, cushy doll or toy near her face. Once baby sees the toy, she will try to touch. Move the toy (or doll) up and down, left and right. Helps vision.	24. Sing a song to your baby. Sing it with a loud tone of voice, sing it with a soft tone of voice. See your child's expression. Talk about his expressions or emotions versus loud and soft.	25. Tape a photo of your child to a mirror and bring her attention to her reflection and the photo. Talk about her body parts, her name, expressions, etc.	26. After you give your baby a bath, with a gentle touch massage your baby's legs, arms, head, etc.	27. Lay your child on her tummy. If possible, have a mirror near. Encourage child to lift her head to look into the mirror and hold her head up while lying on her tummy.	
NO TIME ALLOWED	NO TIME ALLOWED	NO TIME ALLOWED	NO TIME ALLOWED	20min.	NO TIME ALLOWED	20min	
28. Practice SAFE SLEEP . Place your baby on his back and always use a firm mattress.	29. Read a book to your baby. Use loud and soft tone of voice.	30. Blow bubbles. Encourage your child to pop, touch the bubbles.					
NO TIME ALLOWED	NO TIME ALLOWED	NO TIME ALLOWED					

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

Parent Name: _____ Parent Signature: _____

****The project must reflect the time indicated on the sheet.**

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