


**EARLY HEAD START 6-12 MONTH  
FAMILY ENGAGEMENT HOME PROJECT**

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

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

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

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   | Weekly Totals |
|--|--|--|--|--|--|--|---------------|
|  | 1. Take turns with your baby stacking cups and knocking them down. Have a race where both of you stack them.   | 2. Empty 16-ounce bottles. Add colored rice or pasta glue top back on. Watch and engage with your baby as they shake, rattles and roll over the bottles. <b>SAFETY FIRST</b>                                 | 3. Hide a Cheerio under a cup and see if the baby can find it. Use two different colored cups, put the cheerio under the cup and move it around. See if the baby remembers.            | 4. Turn on some mini flashlights and drop them into empty water bottles. Let the baby explore the colors in dark room.   | 5. Sing a song The wheels on the bus or the Itsy Bitsy Spider use hand motions to get a reaction out of the baby.  | 6. Use an empty kiddie pool and place different textures of stuffed toys. Have a variety of different stuffed animals with soft fur, different length. Talk to your baby about the texture, play with baby                                       |               |
|  | 20min  | 20min  | 20min  | 20min  | NO TIME ALLOWED  | 20min  |               |
| 7. Read a book to your baby, pointing to the pictures as you read and engage by changing your voice to different characters. Help the baby to turn the pages.            | 8. Make a diary Keep track like baby movement, milestones, how often he eats, and the number of ounces the baby eats. Share with teacher   | 9. Play on the floor with your baby while the baby stays in tummy time position place toys in front of the baby. Sing Songs and make facial expressions. Watch how the baby is observing you take a picture. | 10. While holding a toy in different places (above, on the side, in front) encourage them to reach for it. Reaching will help strengthen their growing muscles.                        | 11. Put a variety of cups and containers in a tub. Let baby explore how they collect and pour water while they build their gross motor skills.                                 | 12. Use a mirror and help baby look at themselves. Point out their facial features and describe sizes and shapes. This will help build baby's language.  | 13. Use a box. Cut and paste colorful pictures from magazines or pictures of family and friends. Cover it with clear duct tape or contact paper. Describe what they are seeing as they look at it.   |               |
| NO TIME ALLOWED  | 20min  | 20min  | 20min  | 20min  | 20min  | 1hr  |               |
| 14. Play hide and seek. Hide different toys under blankets or behind furniture. Cheer baby on as they look around. When they find them celebrate their success.          | 15. Put out some pom-poms or other palm sized objects and a cupcake tin or other plastic containers. Encourage baby to place the objects inside the different containers and then reach and pull them out. | 16. Arrange furniture so your baby can use it to pull up to a standing position and try taking a few steps while holding on. Celebrate your baby's efforts.  | 17. Gather different types of pieces of fabric. Ex: scarfs, cloth or a diaper. Throw one item at a time into the air. As it floats down encourage your baby to catch it.               | 18. Put your baby's favorite toys around a safe place and encourage your baby to crawl and reach for the toys. Name the toys and take a picture while he reaches for each toy. | 19. Introduce new textures while baby is eating, dressing, or playing outdoors. Use sponges, foods, clothes, toys, blankets and lotions. Describe what baby is feeling or tasting.                                   | 20. Place single cheerios on the highchair tray and encourage them to use fingers and thumb to secure the puffs or cheerios. This will help build their fine motor and coordination.   |               |
| NO TIME ALLOWED  | 20min  | 20min  | 20min  | 20min  | NO TIME ALLOWED  | NO TIME ALLOWED  |               |
| 21. Play a game call Simon Says and tell your baby that Simon says touch your nose, eyes, ears, etc. Demonstrate to your baby as you will do it too.                     | 22. While baby is lying on their back, pretend baby is riding a bike by gently grasping their ankles, keeping legs apart and moving them in circles.   | 23. Cut out several pieces of fabric, magazines, news articles, then place several dots of glue in a piece of paper. Have your baby glue them along with your assistance.                                    | 24. Practice tummy time lie your baby on his belly and place a safe mirror, rattles or other toys in front of your baby. Talk to your baby and describe what they are doing or seeing. | 25. Put up a child safe mirror where the baby can see it. Say a rhyme: Mirror Mirror on the wall Who's the coolest baby of all? Say baby's name and take a picture.            | 26. Place a few toys in a container with an opening bigger than balls or pegs. Hand the container to the baby who will turn it over, causing the toys to tumble out. The baby will see what comes out. Name the toys | 27. Place some dots of paint on a piece of paper. Put the paper inside a zip lock bag and close with tape. Then place the bag on a table or floor. Encourage your baby to use his/her fingers to paint side to side to see what they can create. |               |
| NO TIME ALLOWED  | NO TIME ALLOWED  | 20min  | 20min  | 20min  | 20min  | 20min  |               |
| 28. Gather different types of pieces of fabric. Ex: scarfs, cloth or a diaper. Throw one item at a time into the air. As it floats down encourage your baby to catch it. | 29. Read a book to your baby. Use a loud or soft tone of voice.  | 30. Blow bubbles encourage child to blow and observe how they drop on the floor.   |    |  |  |  |               |
| 20min  | 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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