



JULY 2020

EARLY HEAD START 0 TO 6 MOS

FAMILY ENGAGEMENT HOME PROJECT

Child's Name: _____

Site: _____ Class #: _____

Teacher's Signature: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Totals
			1.	2.	3.	4.	
NO TIME ALLOWED	NO TIME ALLOWED	5min 10min	10min 15min	NO TIME ALLOWED	30m 1hr	NO TIME ALLOWED	
5.	6.	7.	8.	9.	10.	11.	
NO TIME ALLOWED	NO TIME ALLOWED	15min 10min	10min 15min	NO TIME ALLOWED	20min 10min	NO TIME ALLOWED	
12.	13. Welcome to our program. Tummy Time: Is essential because it helps strengthen core and neck muscles that children will need as they begin to sit and crawl.	14. 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. Take a picture and share	15 Put your baby on his stroller. If possible walk around the neighborhood, supermarket, mall, etc. and talk about what you both see and hear	16.. While you are holding your baby. Read to your baby in a soft tone of voice.	17. 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.	18. After you give your baby a bath, with a gentle touch massage your baby's legs, arms, head, etc.	
NO TIME ALLOWED	NO TIME ALLOWED	20min 10min	30min 1hr	NO TIME ALLOWED	20min 10min	NO TIME ALLOWED	
19. Have a radio available. Play classical music to your baby. Dance with your baby.	20. With the child lying on his 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.	21. While baby is alert, awake, and calm place a soft, cushy doll or toy with a face within her arm length. The face will interest her, and the way it feels will develop her sense of touch. Move the toy (or doll) up and down, left and right in front of her. Helps vision.	22. 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.	23. 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.	24. After you give your baby a bath, with a gentle touch massage your baby's legs, arms, head, etc.	25. 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	20min 30min	20min 10min	NO TIME ALLOWED	10min 15min	NO TIME ALLOWED	20min 10min	
26. Practice safe sleep. Place your baby on a firm mattress. Baby should be place on his back.	27. When changing baby's diaper. Talk to her about what you are doing. "We have a clean diaper for you." "Mommy is going to lift up your legs now." Although baby doesn't understand what you are saying you are setting the foundation for her language.	28. 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. Helps you steady baby and keep him calm during Tummy Time.	29. While you breastfeed or bottle feed your baby look into his eyes and with a gentle touch embrace his face, arms, etc. Tell him how much you LOVE him.	30. . 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. Take a picture and share	31. Put your baby on his stroller. If possible walk around the neighborhood, supermarket, mall, etc. and talk about what you both see and hear		
NO TIME ALLOWED	NO TIME ALLOWED	20min 10min	NO TIME ALLOWED	20min 10min	30min 1hr		

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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