



**JULY 2020 6-12 MONTHS**  
**EARLY HEAD START**  
**FAMILY ENGAGEMENT HOME PROJECT**

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

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

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

**DAILY ROUTINES HELPS BABIES AND SMALL CHILDREN TO  
 HAVE SELF-CONTROL AND BE READY FOR SCHOOL.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Totals
			1. <b>Blow Raspberries:</b> Before dressing baby, press your lips on their tummy and blow air on their skin to make a noise.	2. <b>Copy-Cat Chit-Chat:</b> Encourage baby to make noise by responding as if in conversation. Repeat sounds they make and add new words.	3. <b>Teething Time:</b> Give baby teething rings that have different textures, e.g. bumpy or smooth. <b>Gives baby a new sensory experience.</b>	4. <b>Action Songs:</b> Count and wiggle baby's fingers and toes as you sing "This Little Piggy" or clap baby's hands and feet together while you repeat "Pat-A-Cake."	
			NO TIME ALLOWED	NO TIME ALLOWED	10	NO TIME ALLOWED	
5. <b>Body Massage:</b> After a bath or during changing, gently massage baby from top of head to bottom of feet. Massages are good for all babies.	6. While you read a book to your baby allow him to turn the pages and point to the pictures.	7. <b>Roll Baby Roll:</b> Lie down next to baby and put them on their side, supported by a rolled-up blanket. Talk so they reach for you until they roll over. Clap when they do! Roll baby back gently so they keep rolling.	8. <b>Texture Time:</b> Let baby touch fabric with different textures such as wool and velvet. Use a different word to describe each one to him: "soft", "rough", "smooth".	9. <b>On and Off:</b> Show baby how to turn things on and off including, lights, water faucets, etc. Repeat "On!" or "Off!" each time. Try this with a flashlight too.	10. <b>Play Ball!</b> Find a ball designed for babies with different textures. Hand baby the ball and see what they do with it. Show different things they can do: roll the ball	11. Read books with your child. Use soft books and colorful to keep child interested in the story.	
NO TIME ALLOWED	NO TIME ALLOWED	15 min	30min	10 min	15 min	NO TIME ALLOWED	
12. Play a variety of music. Encourage your child to use kitchen tools, fabric, etc and use them as an instrument to create music.	13. Name Game: Point to the different parts of your face and name them for baby. Point to your nose and say "mommy's nose." Continue to do this with other facial features and see how baby reacts.	14. Sit on the floor a few feet from your child and demonstrate how to roll a large ball. Encourage him to roll it back and make a fun game of it.	15. Two Hand Throw: Give baby toys in left and right hands so they can practice throwing with both arms.	16. Board Book Fun: Find books with interactive elements like fold outs or noises are fun surprises! Let baby take their time turning the pages.	17. Ball Chase: Encourage baby to crawl around inside house. Roll a soft ball across the room. Tell baby they should go for the "ball" and use the words, "Ready, set, go."	18. Moo and Baa: Use animal sounds when playing or reading to baby. Point out a picture of an animal then make the sound that animals make: "A cow goes moo," "A sheep goes baa".	
NO TIME ALLOWED	20mi	20min	30min	NO TIME ALLOWED	20min	NO TIME ALLOWED	
19. Creeping and Crawling: Baby may be rocking back and forth on tummy towards items of interest. Encourage movement by placing toys around baby where they must move to reach them.	20. Sitting Up to Play: Since baby can sit independently, sit on the floor and roll a ball to baby. Encourage them to roll it back using both hands so they can't use them for support	21. Splish Splash: Take a small tub baby can reach into and fill it with water. Put floating objects like plastic cups and spoons in tub. Let them splash and push the objects underwater, then watch them come up to float. <b>*Always stay nearby YOUR BABY</b>	22. Sing a song that involve body movements and name body parts as you model for child.	23. Roll to Me: Roll a large bouncy ball back and forth between you and your baby	24. Be Like Baby: Does baby bang blocks together or clap their hands? It's your turn to copy them! When baby does an action, repeat it.	25. Play Hokey Pokey: Sit baby upright in your lap and sing the song while taking turns holding each of their arms and legs and gently moving them. Baby might laugh as you "shake it all about."	
NO TIME ALLOWED	20mi	30min	NO TIME ALLOWED	30min	NO TIME ALLOWED	NO TIME ALLOWED	
26. Read books with your child. Keep it short and interactive to hold his/her interest.	27. Provide riding toys for child to push with his/her feet and eventually pedal.	28. Shapes, Sizes, and More: Name textures, shapes, and sizes to help baby attach words to objects and experiences. Say things like "look at this big red ball" or "this stuffed animal is really soft."	29. Backyard Fun: Let baby explore the backyard safely. Take baby outside and let them touch the leaves and grass. Talk to them about what they see, hear, etc.	30. Water Bottle Fun: Put some beads, glitter, or marbles in a sealed water bottle. Give it to baby and let them shake it around.	31. Sing a song that involve body movements and name body parts as you model for child.		
NO TIME ALLOWED	NO TIME ALLOWED	20min	NO TIME ALLOWED	1hr	NO TIME ALLOWED		

**DAILY ROUTINES HELPS BABIES AND YOUNG CHILDREN TO HAVE SELF-CONTROL AND BE READY FOR SCHOOL.**

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:** \_\_\_\_\_

**\*\*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.**