



AUGUST 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. During bath time show baby how to slash and pop the bubbles that are made. Encourage baby to reach with their finger and POP!	
						NO TIME ALLOWED	
2. Practice tummy time. Place a mirror in front of your baby and point to different parts of their face. Point to the same features on your face as well.	3. Cuddle with your baby. Hold them close to you and talk to them or sing. Tell them how much you love them and how happy you are that they are in your life.	4. Hold some of baby's favorite toys in different places. Encourage baby to stretch to reach them. Hold them above, to the sides to encourage them to start to roll, or in front while on their tummy.	5. Hold baby sitting on your lap. In a dimly lit or dark room, turn on a flashlight and slowly move it around the room. Help baby learn how to track it with their eyes.	6. While breastfeeding or bottle feeding, look into their eyes. Softly talk to them telling them how much you love and care for them. Gently stroke their arms, hands, legs and feet.	7. Cut out pictures or shapes from a magazine. Glue them to an old box. Sit baby in your lap and describe what they are seeing. Name each item and describe and talk about it.	8. After bath time, gently give baby a massage with lotion or oil. Quietly talk or sing to them as you rub their legs, feet, arms, hands, and body.	
NO TIME ALLOWED	NO TIME ALLOWED	<input type="text"/> 20min <input type="text"/>	<input type="text"/> 20min <input type="text"/>	NO TIME ALLOWED	<input type="text"/> 1hr <input type="text"/>	NO TIME ALLOWED	
9. Sit outside or take a walk with baby. Describe what they are seeing and hearing as you are together.	10. Read a book to your baby. As you do let them reach out and touch the pictures. Say the name or make sounds of the items as they point to them.	11. Lay baby on their back. Gently hold their legs & glide them back and forth to show them how to kick. Place your hands in a position that they can reach and encourage them to try.	12. Collect photos of family or friends. Cover each with clear contact paper. Show the pictures to baby and name each person.	13. Call your baby's name from a distance. Watch them look around and try to locate your voice. When they look at you celebrate and say "Yay you found me!"	14. Practice dropping different toys or objects. Pick them up and try again. Encourage baby if they want to try as well to they can practice building their muscles and coordination.	15. Turn on some of your favorite music. Hold your baby close and move around to the rhythm of the song as you sing along.	
NO TIME ALLOWED	NO TIME ALLOWED	<input type="text"/> 20min <input type="text"/>	<input type="text"/> 30min <input type="text"/>	NO TIME ALLOWED	<input type="text"/> 30min <input type="text"/>	NO TIME ALLOWED	
16. Before bedtime give your baby a gentle massage. Sing a lullaby as you do. This will help prepare them for rest time and relax their bodies after a long day of movement.	17. Collect some toys that make sounds. Place them in front of your baby and show them how to make different sounds. Talk about what they are hearing. Create a song as they shake.	18. Give baby different easy to grasp toys that they can explore and mouth. Describe what they are seeing, feeling or tasting as they explore. Describe colors or shapes that they may see.	19. When you hear your baby making sounds or noises, try and imitate them back. Watch to see their reactions. Continue this back and forth conversation as they practice "talking".	20. Lay baby on their back so they can see your face. Do different actions that they can copy like opening mouth, moving hands/fingers, smiling. Encourage them to imitate you.	21. Practice tummy time. Lay on the floor facing baby and talk and make different sounds as they look at you and reach towards you. Tell baby what a great job they are doing lifting their head and pushing up.	22. Hold some of baby's favorite toys in different positions. Encourage baby to stretch to reach them. Hold them above, to the sides to encourage them to start to roll, or in front while on their tummy.	
NO TIME ALLOWED	20min <input type="text"/>	<input type="text"/> 20min <input type="text"/>	NO TIME ALLOWED	10min <input type="text"/>	NO TIME ALLOWED	10min <input type="text"/>	
23. Help your baby in learning their name as well as others by using them frequently when talking to your baby. Point to others and say their names too so baby can start to associate each person by their family name.	24. Lay baby on their back and hold their hands. Gently row them back and forth. As you do sing "Row, Row Row Your Boat" to encourage them to participate. You can also try holding their feet and moving them in a circular motion like riding a bike	25. Prop your baby up with some pillows. Encourage baby to move their eyes around and see from a different perspective. Move around, use your voice, and even point to encourage baby to explore with their eyes.	26. Play a game of peek a boo with baby. Get a pillow or a cloth and hold it up in front of you. Peek out from different sides to encourage baby to look around. Joyfully say "Peek a boo, I see you" when you peek out.	27. Place your baby on a blanket near where you are working. Talk to them while you are moving around and stop to smile every few minutes so they know you are still engaged. You can also sing or dance while you are	28. Make a streamer with ribbons or yarn connected to a stick or hoop. Dangle the material to encourage baby to reach for it. Gently let the material glide across their different body parts while naming them.	29. Pick a book to read with your child. As you do change your tone of voice for different characters or different parts of the book. See how baby responds to your voice changes.	
NO TIME ALLOWED	<input type="text"/> 20min <input type="text"/>	<input type="text"/> 20min <input type="text"/>	10min <input type="text"/>	NO TIME ALLOWED	30min <input type="text"/>	NO TIME ALLOWED	
30. Offer your baby some toys that they can grasp their hand around. Show them how they can move and shake them while holding. Encourage baby to try shaking them to build their muscles and coordination.	31. Practice tummy time. Place some of baby's favorite toys in front of them. Describe what toys they are reaching for. Talk to them and lay in front of or next to them if you are able so they can see you as well.						
<input type="text"/> 20min <input type="text"/>	NO TIME ALLOWED						

Parent Name: _____

Parent Signature: _____

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

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