SEPTIEMBRE 2020
EARLY HEAD START
0-6 MONTHS
FAMILY ENGAGEMENT HOME PROJECT

Child's Name: _____

Site: _____ **Class #:**_____

Teacher's Signature: _____

Volunteers of America®
LOS ANGELES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
		1.Pick a book and read together. Snuggle your baby close as you do. Talk about the pictures and use different tones of voice as you read.	2. Give baby easy to grasp and mouth toys. Show the baby what they can do with the toys and give them time to explore on their own. Describe the colors, sounds they make.	3.While holding your baby in your arms, read a book. Change your tone of voice and encourage to touch the book and pictures as you read.	4.Turn on some music and hold your baby close while you move and dance together. Sing to your baby while your dancing. Tell your baby how much you love them.	5.Place your baby on their back while you are doing chores. Talk to them as you work. Stop to come say hi and smile at them frequently.	
		NO TIME ALLOWED	NO TIME ALLOWED	NO TIME ALLOWED	NO TIME ALLOWED	NO TIME ALLOWED	
6. Practice tummy time. Place a mirror in front of them and point out their nose, eyes, mouth. This will help them to become aware of their body parts.	7 .Pick a book and read together. Snuggle your baby close as you do. Talk about the pictures and use different tones of voice when you read	8. Hold a piece of tissue paper in front of your baby's feet. Encourage them to kick at the paper and describe the sound they are hearing. Their movements are producing sounds.	9. Lay your baby on their back and hold their feet. Gently guide them in a cycling motion. As you do sing a song such as "Row your Boat" Baby will learn movement in a joyful way.	10. Shake a rattle on each side of the baby's head. Try different speeds fast then slow. Praise and cuddle your baby as they search for the noise	11. Place baby on their back. Hold a toy above them and encourage them to reach for it. Hold it while they explore with their hands. Baby will be building eye hand coordination and strength.	12. At bedtime sing a song in a soothing voice as you hold and rock baby to sleep.	
20 min	NO TIME ALLOWED	20 min	20 min	NO TIME ALLOWED	20 min	NO TIME TO ALLOWED	
13. Read to your baby every day. This will help their vocabulary, language and pronunciation.	14.Be silly with baby, hold them close and play a game of tickly. Smile and laugh with baby and talk about how much you love their laugh.	15.Sit baby on your lap. Give them a rattle or small toy to hold. If baby drops the toy pick it up and try again. This will encourage them to work on their fine motor control.	16. Place some different types of toys around the baby and within reach. They will have to look around and reach for what they want. Supporting motor dev.	17.Give your baby a gentle massage with lotion or oil. As you do softly sing and talk to your baby to help relax them. Growing muscles will rest.	18.Pick up baby and rock or sway around. As you do sing a playful song to them. This will help the baby to calm down and will provide auditory stimulation.	19.Practice tummy time with the baby. Place interesting or favorite objects around and encourage them to try and reach them.	
NO TIME ALLOWED	NO TIME ALLOWED	20 min	20 min.	NO TIME ALLOWED	NO TIME ALLOWED	NO TIME ALLOWED	
20. Sit close to your baby. Start talking and asking them questions. Wait and give them time to respond. Smile and respond back. The baby will learn about conversation.	21.Take your baby out for a walk point out the different sights and sounds you are seeing as you go. Stop and give baby time to take all the visual experiences in.	22.If baby has good head control, lay them on the back. Place your hand under his shoulders and gently guide them to sitting position. Do these sit ups slowly to help build muscle tone and strength.	23.Hold your baby up above your head or in front of you. Fly them around this will give them a different perspective and encourages them to look around.	24.As you get baby dressed describe what you are doing? Let's put your legs in your pants. One, Two, we need to put your arm through your shirt. This will help with identifying body parts.	25.While changing baby's diaper explain what you are doing? "I am going to lay you down now" I am cleaning you off with wipes I am putting on your diaper.	26. Make a streamer with ribbons and a bracelet or hoop. Dangle the ribbons in front or above the baby. Drag them lightly across their hands. Try different materials and see how to build baby curiosity.	
NO TIME ALLOWED	20min	20min	NO TIME ALLOWED	20min	NO TIME ALLOWED	1hr	
27. During bath time show bubbles baby how to splash and pop that are made. Encourage baby to reach and use finger and Pop.	28.While baby is alert and calm place a soft toy or doll with a face at their arm length. The face will interest the baby and the way it feels. This will develop their sense of touch. Move they toy or doll around up and down.	29.Hold baby sitting on your lap. Turn off the lights and slowly move a colorful necklace that lights up around the room. This will help the baby to track it with their eyes. Also, please pay attention to the movement of their head.	30. Put your baby in their stroller. If possible walk around the neighborhood. Talk to your baby about what you see and hear.				
NO TIME ALLOWED	20 min.	20min	30 min				