SEPTEMBER 2020
EARLY HEAD START 12-18 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	Weekly Total
		1. Sing some favorite songs together. Use your arms and hands to show the actions of particular words in the song.	2. Practice hand washing with your child. Sing the Happy Birthday song for 20 seconds. Explain the steps of handwashing.	3. Gently touch and tickle your baby to make him giggle.	4. Tell a story or read a book at bedtime. Use a soft, quiet voice	5. Make a book. Gather photos of your family, pets or your child's favorite toys. Read the book with your baby and name each photo	
		15 min	15 min	15min	No time allowed	1 hour	
6. Use a laundry basket and sit your child inside. Tell her that she is going on a ride. Use your arms to slowly push or pull your child around the room.	7. Place your baby on his back. Gently lift his feet up over his body towards his mouth. Massage his legs, feet and toes.	8. Encourage your child to dress herself. Support her on pulling on/off her clothes.	9. Play a jumping game when you take a walk over the cracks in the sidewalk. Hold your child's hand and encourage him to jump.	10. Sing songs like "Itsy Bitsy Spider" with your baby. Try using hand gestures while you sing	11. Pay attention to whatever your child finds funny and repeat it. Make silly faces, wear an oversized hat, etc.	12. Name the foods that your baby eats. "Would you like some more banana?" "I see that you took a big bite of your cracker!"	
30 min	15 min	15 min	30min	15min	30min	30 min	
13. Lay pillows and cushions on the floor in a line. Attempt to walk/crawl across them. Talk about balancing	14. Allow your child to feel the different parts of your face with her hands. Say the name of the parts of your face that your child touches.	15. Pretend to be different animals that you might see in your neighborhood "dog, cat, bird"	16. Provide your child with plastic food storage containers or plastic cups. Show your child how to put one on top of the other and then give them time to do it	17. While your child is sitting, show him a toy. Slowly cover the toy with a small blanket/towel. Ask, "Where is it? Where did the car go?" Watch your child	18. Practice toothbrushing. Talk and name the parts of your mouth. Talk about the materials used while we brush our teeth. Take a photo and share with your child's teacher	19. Lay a cozy blanket under a tree. Talk about the tree, the leaves, the wind.	
No time allowed	15 min	30 min	30 min	30 min	15min	30 min	
20. Play "I'm going to catch you!" by slowly moving to your child, as you get closer tickle your child. Repeat as long as your child is interested	21. At bedtime, slowly move a flashlight beam across the wall and ceiling. Notice your child trying to follow it with her eyes. "The light is moving slowly."	22. Look for books with real pictures of animals and practice making animal sounds together. Talk about the animals. "The cat is meowing. Meow."	23. Make 3 homemade balls. You can use socks, rolled up paper, etc. Give your child two baskets or large bowls. Show and encourage your child to transfer the balls from one bowl to the other.	24. Throughout the day, take the time to tell your child that you love them. Give them a hug, blow them a kiss	25. Encourage your child to dress herself. Support her on pulling on/off her clothes.	26. Throughout the day, encourage your child to use a variety of words. Talk to your child. Sing songs to your child.	
30 min	30min	30min	30 min	15min	No time allowed	30min	
27. During bath time, encourage your child to wash his/her favorite toys	28. While you read a book to your child, allow him to turn the pages and point to the pictures.	29. Encourage your child to dress herself. Support her on pulling on/off her clothes.	30. Practice stretches and exercises with your child.				
15 min	No time allowed	15 min	15min				