

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

Child's Name:

Site: _____ Class #: _____

Teacher's Signature:



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Weekly
				1. Lay baby on their back and hold their hands. Gently row them back and forth. As you do sing "Row, Row Your Boat" to encourage their participation. You can hold their feet and moving them in a circular motion like riding a bike	2. While your baby is sitting in your lap or laying on the floor gently touch different parts of their body. Explain what those body parts do: your nose is for smelling, your legs help you walk and skip, etc.	3. Before naptime or bedtime, sit in a rocker or comfortable chair. Gently rock back and forth and use a soothing voice to sing. This is also a great calming option if baby is having a hard time to help them calm down.	
				20 MIN	NO TIME ALLOWED	NO TIME ALLOWED	
4. Read a book to your baby. Change your tone of voice for different characters, exciting or sad parts, etc. See how your baby reacts.	5. Lay your baby on their back. Take a small soft toy and hold it above their face. Wiggle it or gently touch their face to get their attention. Slowly move it side to side and encourage them to follow along with their eyes.	6. Take a moment and cuddle with your baby. Tell them how much you love them and how special they are to you. Give them sweet kisses, smiles and look into their eyes.	7. Sooth baby on your lap. Place baby across your knee while you are in the sitting position and rub their back. While you do sing a song like "Twinkle Twinkle Little Star". Baby get some practice with tummy time while having music and language time.	8. While your baby is laying on the floor facing you, practice some singing and movement. While you are singing a song, gently hold their hand and clap along or guide their feet and legs to dance and move to the song.	9. Collect a variety of objects of different thickness. See which ones your baby can grasp. Make sure they are baby safe since they may shake them and explore them with their mouth as well.	10. Use baby lotion or baby safe oil and gently massage your baby's arms, legs, back, etc. Quietly talk or sing while you massage your baby.	
NO TIME ALLOWED	15 MIN	NO TIME ALLOWED	15 MIN	NO TIME ALLOWED	20 MIN	NO TIME ALLOWED	
11. Imitate sounds that your baby makes, especially repeated sounds like da-da or ma-ma. These sounds will help with first words when they are ready to start talking.	12. Put on your favorite song and hold your baby close to your chest. Gently move around to the music while smiling and singing to your baby.	13. Tuck 1-2 sheets of tissue paper on the edge of a couch. Place your baby bare footed on their back so their feet comfortably touch the tissue. Rustle the paper to encourage them to kick at the paper and listen to the sounds it makes.	14. Make a baby mobile. Gather tissue paper, construction paper, string and pictures or items you cut out. Tape a piece of string between two chairs or a couch and table. Cut pieces of tissue paper or construction paper long enough for baby to reach up and touch. You can also tape pictures to ends of string.	15. Fill a small tub or the bathtub for baby to splash around in. Show them how to move their arms to hit the water and make it splash. If you're in the bathtub you can also guide their legs and feet to move to kick the water and splash.	16. Find a baby safe hand mirror or use a wall mirror. Let baby see their reflection and ask questions like "Who is that?" "What do you see?" Share what the baby sees in the reflection and be descriptive.	17. Blow bubbles. You can use bubbles you have or make them with soap and water. Blow bubbles up and watch baby follow them with their eyes. You can encourage baby to try to reach them or pop them with your finger so baby can see what happens.	
NO TIME ALLOWED	NO TIME ALLOWED	20 MIN	1 HR	NO TIME ALLOWED	15 MIN	NO TIME ALLOWED	
18. Lay your baby on the floor in front of you or in your lap. Try and tickle them and make silly faces to make them laugh. See what makes them laugh the most.	19. See how many actions your baby can imitate. Start by using actions your baby is familiar with such as banging your hand on a surface or shaking a rattle back and forth. Next try opening and closing hands, waving, or clapping.	20. Take a piece of cardboard and cut 5-6 tiny holes in it. Pull different colored ribbon or yarn through each hole. Make multiple knots in the end of each side so the ribbons will not go through the hole. Prop baby up and let them practice pulling back and forth.	21. Pick a book your child likes to read. After you read each page, stop and talk about what they are seeing as you point to the pictures. If there are things on the page that make noise, make the sound. If there are touch and feel items guide your baby's hand so they can touch the textures.	22. In a ziplock bag place some water and something visual. It can be pompoms, felt shapes, soft letters, laminated pictures, etc. Tape across the opening. Tape the bag to the floor and practice tummy time. This will help keep attention and encourage them to use their arms and hands to play.	23. 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	24. Step outside and explore a little bit of nature with your baby. Point out things they can see such as grass, flowers, trees, leaves, birds, etc. If you can rub their hand across the item so they can feel it as well. Name and describe the item they are touching so they can build their language skills as well.	
NO TIME ALLOWED	15 MIN	1 HR	NO TIME ALLOWED	30 MIN	NO TIME ALLOWED	20 MIN	
25. Play a game of peek-a-boo with your baby. Hold a blanket or a pillow up in front of your face and then pop out from different sides of it. Smile and make sure to use an upbeat excited tone as you say "Peek-a-boo!" to surprise your baby.	26. In a metal pan or tin place baby safe items. Items that make sound, empty paper towel rolls, bath toys, etc. are all good. Place baby on their tummy and prop up with a small pillow under their chest. Encourage baby to reach for the items and grasp them, move them around in the container, etc.	27. Fly around the house. Hold your baby so they are fully supported belly side down. Gently move around the house or outside. Move up and down, back and forth, side to side. Let you baby see the world around them from a different perspective.	28. Get your baby safe mirror or use a wall mirror. If you can lay baby on their tummy and let them look in the mirror as you point to different body parts on their face and yours. You can also include hands and arms. Once you are done you can help them roll over and point and wiggle each of the other parts of their body.	29. Practice some baby stretching. Gently stretch baby's legs up over their body towards their mouth. Move their arms in big circular motion. Gently rotate their feet at the ankles in a circular motion. Do the same with their hands at the wrist.	30. Take a rattle and shake it in different sequence and patterns. See how your baby responds. Try moving the rattle to different spots and see how they follow it. For older babies you can also give them one to hold and see if they will try and imitate	31. Practice washing your baby's hands with soap and water to support proper hygiene. Wash after diaper changes, before and after meals, etc. As you wash sing the ABCs. This will help build proper health and safety routines from an early age.	
NO TIME ALLOWED	30 MIN	20 MIN	20 MIN	NO TIME ALLOWED	20 MIN	NO TIME ALLOWED	