

DECEMBER 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. Put a bell or other object that makes sound into a small box or container. Decorate the box. Tape the top on so baby can't open it. Shake or roll the container so baby can hear the sound. Let baby explore how to make the sound	2. Prop your baby in a seated position. Talk to her as you work. For example, as you fold laundry, cooking, etc.	3. 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.	4. Read a book to your baby. Hold the book in front of her face and point to the pictures as you label them.	5. 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.	
		1 HR	NO TIME ALLOWED	20 MIN	NO TIME ALLOWED	NO TIME ALLOWED	
6. After bath time give your baby a gentle massage. Use a soothing voice to describe what you are doing and name each body part as you go. This will help calm and prepare them for bedtime as well.	7. Save a large plastic water, soda or juice bottle. Put colorful or interesting object inside it. Glue the top onto the bottle. Show baby their new toy and describe all of the different items they are seeing and any sounds. Let baby play with it.	8. Make a streamer with ribbons and a bracelet or hoop. Dangle the ribbons in front of above the baby. Drag the lightly across their hands. Try different materials and see what they like to build baby's curiosity. Take a photo and share with teacher	9. 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.	10. Communicate love to your baby through calm, warm body contact, and soothing words. Respond to your baby in a loving way to help teach her that they can trust and depend on you.	11. Make different sounds that your baby might be able to imitate. Give time after you make them to allow your baby a chance to make them too. See what sounds they imitate. Then let your baby make sounds and imitate what they do.	12. Practice tummy time with your baby. Put interesting or favorite toys around them and encourage them to try and practice holding their head up and even reach for them.	
NO TIME ALLOWED	1 HR	1 HR	20 MIN	NO TIME ALLOWED	20 MIN	NO TIME ALLOWED	
13. 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.	14. Turn on some music and hold your baby close as you sway and dance to the music together. Try different types of music and see if there is a particular type of music that your baby responds to.	15. 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.	16. Use a tin container or tape some tissue paper onto a hard surface. Hold the surface so baby's feet can reach. Show baby how to kick the container. Encourage them to kick the tin or tissue paper and describe the sound they hear each time.	17. When you baby is crying or while they are waiting for you to prepare their feeding. In a soft soothing voice, sing a lullaby to them. It can be one you know or you can learn make one up about what is happening.	18. Help your baby learn their name by using it frequently. Make a song using baby's name or add it into a story. Write your song or book down so you can retell it and they can hear it often.	19. While you breastfeed or bottle feed your baby, look into their eyes and with a gentle touch embrace their face, arms, etc. Tell them how much you love them.	
20 MIN	NO TIME ALLOWED	20 MIN	20 MIN	NO TIME ALLOWED	Vacation	Vacation	
20. During care routines with your baby talk to them and tell them what you're doing, what they are feeling or why. Try this when changing their diaper, changing clothes, bathing, etc.	21. Lay your baby on their back and hold their feet. Gently guide them in a cycling motion. As you do since a song such as "The Ants Go Marching". Or gently clap their hands and sing "Patty Cake". Or help guide their arms as you sing "Row Your Boat".	22. While baby is laying on their back, place your hands under their shoulders if they have good head control or head & shoulders if not. Gently guide baby up to a sitting position. As they gain muscle tone and strength they will be able to pull up more by themselves.	23. 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 body's after a long day of movement.	24. When you hear your baby cooing, babbling or gurgling, record their sounds. Share the video with your teachers and let your baby listen too. See the expression they make as they listen to themselves. Encourage them to make the sounds back.	25. Make different tummy time sensory bags. Fill with items you have in your home like glitter, pompoms, dirt, feathers, paper cut into shapes, etc. Fill with water or oil and color with food coloring. Make sure to tape around all edges.	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.	
Vacation	Vacation	Vacation	Vacation	Vacation	Vacation	Vacation	
27. 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.	28. In a dimly or dark room turn on a flashlight and encourage child to follow the light. Move it slowly across the wall or ceiling so they can see it.	29. Place a large towel on the floor. On a large baking sheet. Place a very thin layer water, some measuring cups/spoons, and a bath toys. Lay baby on their tummy and place a rolled towel under their chest. Let baby splash around and explore the safe items.	30. Gather pictures of family, friends, places you've lived or visited, cultural celebrations, etc. Fold pieces of construction paper in half to create a short book. Glue the pictures on the pages and place contact paper or tape over them. Use the book to read to your baby and describe the people, places and celebrations.	31. When you baby is quiet and alert offer them a baby massage. Use gentle but firm strokes to provide massage. Talk to them in a soft calm voice as you do describing what you are doing or singing as you go. If you want do this with some baby lotion as well.			
NO TIME ALLOWED	Vacation	Vacation	Vacation	NO TIME ALLOWED			