February 2021
EARLY HEAD START
0 to 6 MONTHS
Family Engagement Home Project

Child's name:
_____
Site: _____
Class #:_____
Teachers signature:
_____

Volunteers of America®
LOS ANGELES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Weekly
	1. Carry your child around your home and talk about what you see. Then draw a picture of what he sees the most.	.2. Rub lotion on their arms and legs, and massage. Talk or sing to them while rubbing in the lotion. Label their body parts as you massage	3.Encourage your child to grasp a rattle or another toy. Once mastered hold it a bit out of their reach and see if they will move to grasp. Take a picture of this.	4. Imitate your child's sounds. Pause and see if they will try to imitate you. Use expressions and gestures and see if they will imitate also	5. Look at a book facing your child. Point at pictures and say single words and make sounds where possible. Your child can look at the pictures and at your face to see the words.	6 Cover your face with a cloth or blanket and hide. Say "Where did I go?" Uncover and say either "Boo!" or Here I am!	
	10mins	No time allowed	15mins	No time allowed	10mins	10mins	
7. Clap feet or hands together and sing rhymes! Hold your child and look into a mirror together. Talk, make faces, name body parts, make sounds, enjoy! Or make a picture showing the	8. Crumple some aluminum foil into a ball. Hold your child on your lap in front of a table. Roll the ball in front of them to watch and encourage him to "catch it."	9. Hold your child so he is facing you. Make funny faces and encourage your child to touch your face and label. "Nose", "eyes", "mouth " etc	10.With your child laying on their back, pull off their socks one at a time and say"Bye-bye sock" or "sock off".	11. Place child on tummy on a beach ball or exercise ball, encourage tummy time play with the ball straddled between your legs on floor. Good eye contact!	12 Massage feet and hands and count each toe/finger. Clap feet or hands together and sing rhymes. Trace their hand and show them and count one finger at a time.	13. Hold your child and look into a mirror together. Talk, make faces, name body parts, make sounds, enjoy! Draw a mirror shape then inside draw a happy face.	
20mins	15mins	No time allowed	10mins	10mins	15mins	15mins	
14. Hold a toy or medium sized ball above their arms or legs. Help or encourage them to lift legs to kick the toy or lift arms to grab the toy.	15 Position your child on their back or in sitting position and help them touch soft things (i.e.: soft animals, washcloth, blanket etc.) with various body parts.	16. Make repetitive sounds, words or noises and wait for your child's reaction then repeat. Examples: make a car goes "Brrrm!" a sheep goes ba ba ba	17. Give your child something large to hold so that they use two hands to hold it. A large stuffed animal, or a large ball or a large bowl would work.	18. Make sounds like "ba,ba" or "da-da" and see if he will copy. Sing these sounds to the tune of "Row, row, row your boat". Or make pictures of different animals	19. Read a book to your child. Use a variety of tone of voices.	20 Help your child to grab different objects and allow them to explore each. Say "Look at the ___. Get it!" And when they do exclaim "yeah!" you did it!	
No time allowed	10mins	No time allowed	10mins	30mins	No time allowed	20mins	
21. Make a funny "wa-wa" sound by patting your lips with your hand. Wait for a reaction then pat you child's lips and see if they will make the sound. Repeat.	22. Show your child items in your house that are hard like furniture, toys, and plastic items. Help them to pat the object. Talk about each item.	23. Tie a soft rattle or bells around your child's wrist or ankle and encourage them to shake. Say and sing: "Shake, shake, and shake". Repeat.	24. Help your child to squeeze their hands when holding squeezable objects. Squeeze toys and sponges in the tub, squeaky toys, foam balls etc.	25. When it is time to eat, say just that "it is time to eat" as you position them for feeding. Try to say it consistently each time. Then create a picture of things he ate.	26. Look at a picture book together, when your child is cuddled on your lap. Talk softly and label each picture and point to it, then draw a picture	27. Put a cloth or blanket over your child's face and say "Where are you?" Take it off and then say "there you are!" or "Peek-a-boo!"	
No time allowed	10mins	15mins	No time allowed	15mins	20mins	No time allowed	
28. Give your child a rattle or noisy toy to hold, and you hold one also. Show your child how to bang the toy on the floor or on a table top.							
20mins							