MARCH 2021
EARLY HEAD START
0-6 MONTHS
FAMILY ENGAGEMENT HOME PROJECT

Child's Name: _____

Site: _____ **Class #:**_____

Teacher's Signature: _____

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LOS ANGELES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
	1. 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	2. Get baby to move by dangling a toy to look up at. Baby should be starting to lift head a little bit when doing Tummy Time.	3. Babies love faces. Go through pictures of family and friends or a magazine. Point out the smiling faces for baby. You can also draw a basic smiley face on a paper plate and hang it in baby's room.	4.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.	5. When changing baby's diaper, talk about what you are doing. "We have a clean diaper for you." "Mommy is going to lift up your legs now."	6. While baby is alert, awake, and calm place a soft, cushy toy with a face within their arm length. The face will interest them, and the way it feels will develop their sense of touch. Move the toy up and down, left and right in front of them.	
	NO TIME ALLOWED	0 min	20 min	NO TIME ALLOWED	NO TIME ALLOWED	20 min	
7. 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.	8. Play on floor with baby while he/she stays on their tummy. Place toys in front of them and sing songs. Baby loves your face and voice!	9. Sing a song like "Wheels on the Bus" or "Itsy Bitsy Spider." Use hand motions to get a reaction out of baby.	10. Place a puppet on your hand. Move puppet up and down, while saying baby's name. See if baby can follow the movement. Then move the puppet in a circle. As soon as baby is able to follow the movement, try different movements.	11. 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	12. Play with baby's favorite toy in front of him while lying on their tummy to get his interested in looking up.	13. Talk to baby often. Baby should be cooing (soft throaty sounds including vowels) and gurgling (low, throaty, wet sounds) back to you by about two months.	
20 min	NO TIME ALLOWED	10 min	20 min	NO TIME ALLOWED	20 min	NO TIME TO ALLOWED	
14. Read to your baby every day. This will help their vocabulary, language and pronunciation.	15. Smiling is one of the biggest expressions babies make! Give baby a big cheesy smile and make some funny noises. Watch baby smile back at you.	16. Grab a stuffed animal and talk to it. Touch its face. Name each part (nose, ears) you touch. Let baby feel the stuffed animal's face and yours. Name what baby touch. Then help him touch their own ears, mouth, etc., while you name each part.	17. Encourage baby to make noise by responding as if in conversation. Repeat sounds baby makes and add new words. Baby will learn the give and take of communication and may begin to babble sounds by heard you say.	18.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.	19. Let baby touch fabric with different textures such as wool and velvet. Use a different word to describe each one to him: "soft", "rough", "smooth". Baby won't understand the meaning, but it's still good to expose baby to new words.	20. Baby may be rocking back and forth on tummy or rolling on the floor as he gains better control over his movement. Encourage baby to continue rolling by holding a toy out for them to reach during Tummy Time.	
NO TIME ALLOWED	NO TIME ALLOWED	20min	NO TIME ALLOWED	NO TIME ALLOWED	30 min	20 min	
21. 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.	22. While baby is sitting, place toys out of his reach so he has to shift his weight and move to get the toy.	23. Show baby how to turn things on and off including, lights, water faucets, etc. Repeat "On!" or "Off!" each time. Try this with a flashlight too. Baby will enjoy watching the light move around the room.	24. Baby loves the sound of your voice while you read and the colors and shapes in books. Mix it up by reading in different locations or during Tummy Time.	25. Put your baby in their stroller. If possible, walk around the neighborhood. Talk to your baby about what you see and hear.	26. Encourage two-way communication. When baby coos or babbles be sure to respond and take turns "talking."	27. Play with toys that move. All curious babies love a jack in the box or a wind-up toy that makes repetitive movements.	
NO TIME ALLOWED	20 min	10 min	NO TIME ALLOWED	30 min	NO TIME ALLOWED	30 min	
28. 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.	29. Use household items like squeeze toys or newspapers to make different noises for baby. Repeat sounds at different volumes and in different orders to keep baby interested. Then give baby the items and help him make sounds.	30.After a bath or during changing, gently massage baby from top of head to bottom of feet. Massages are good for all babies.	31. 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.				
20 min	20 min	NO TIME ALLOWED	NO TIME ALLOWED				