

APRIL 2021
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. Visual tracking game. Print out pictures from the internet. Make sure the pictures have black and white colors or bright colors. Glue the photos on a piece of carton. Place each photo in front of your child's face and encourage to follow the photo with his 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. After a bath, practice massaging your baby's body. Use baby lotion or any type of safe baby oil. Sing a soft song while you massage your baby's arms, legs, face, etc.	8. Hold your baby in front of you so he can clearly see your face. Stick out your tongue and be amazed at how your baby will try to imitate you. Blink your eyes or move your eyebrows up and down and see how your baby will follow.	9. TUMMY TIME. Place baby on the floor on a blanket. Have a mirror in front of him point to his face and named his facial parts. Ex: eyes, nose, etc	10. Move to your baby's left and right side and call his name. Wait for him to follow you with his eyes and head. Next use a rattle or a squeak toy and call his name. Give baby time to follow you with his eyes and head. As he see you, say YOU FOUND ME!	
NO TIME ALLOWED	1hr	NO TIME ALLOWED	NO TIME ALLOWED	NO TIME ALLOWED	20 MIN	NO TIME ALLOWED	
11. Start reading a bedtime story to your baby from birth onward. You can make up stories or read short books. All your baby needs is to hear your voice/words.	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. Play a game with the baby such as blowing air on her stomach. If she indicates pleasure by smiling or moving. Continue with the game. Sing a song or say her name while you blow air on her stomach.	14. Wiggle a small toy or puppet in front of the infant. Then stop the movement. Wait to see if the baby will reach out for the toy/puppet or use some sort of body motion or sound. Praise your baby when she indicates any movement.	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	15 MIN	15 MIN	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. Place your baby on his tummy. Place several toys near him and see if he is able to move his body and arms towards the toys. When he reaches a toy celebrate his accomplishments. Take a photo and share with teacher.	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. Place your baby on his tummy. Place several toys near him and see if he is able to move his body and arms towards the toys. When he reaches towards a toy celebrate his accomplishments. Take a photo and share with teacher.	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	20 MIN	20 MIN	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. Read a book to your baby. Change your tone of voice and see how your child changes facial expressions. Take a photo of each expression and create a book of expressions. Share the book with teacher.	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		
NO TIME ALLOWED	1hr	20 MIN	20 MIN	NO TIME ALLOWED	20 MIN		