

MARCH 2021
EARLY HEAD START 6 - 12 MONTHS
FAMILY ENGAGEMENT HOME
PROJECT

Child's Name: _____

Site: _____ **Class #:** _____

Teacher's Signature: _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Weekly
	1. Talk to your baby in different tone of voices; tell them how much you love him/her during the day.	2. Singing: nap time sing a lullaby in a soothing voice. You can find song lyrics or just make up one. It helps his listening and emotional skills	3. Read a book to your baby. Hold the book in front of her face and point to the pictures as you label them.	4. Create a sensory bag for tummy time: you will need zipper bag, duct tape, water, and different materials to mix in the bag. In a zipper bag add water, small different colorful materials(safe). You can add a few drops of food coloring. While baby is on her tummy tape the bag to the floor and let the baby tap and feel the sensory bag.	5. Homemade baby guitar instrument using rubber bands. Find an empty Kleenex box then tape rubber bands across the tissue box. Then place it in front of the baby and model for him how to play the guitar and let him explore. It will help to develop their fine motor skills.	6. Create a baby ring- grab sticky wall. Baby ring grab is an easy sitting up activity for babies using contact paper, duct tape, and toy rings. Tape the contact paper on the wall in a square shape. Then stick the toy rings on the contact paper and place baby in front of the wall so baby can pull the toys.	
	No time allowed	No time allowed	No time allowed	1hr	1hr	1hr	
7. For a really simple and cheap way to encourage baby to reach for objects, try using ribbons. Tie the ribbon to a wooden curtain rings to a play gym or chair and place baby underneath. Make sure you supervise your child while he plays	8. Create a sensory play gym using shower sponges. Baby will try to reach it with hands and feet. You need a variety of sponges and different ribbon colors. Tie the sponges to the gym play or chair with the ribbon colors. Place baby underneath and let the fun begin	9. 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	10. Listening: sing and talk to your child using exaggerated tones of voice. Watch your baby's facial expressions and see how he reacts to different pitches. Helps to develop his language skills.	11. Create a sensory play gym using bells hanging from a string. Materials bells, strings, and gym play. Child will try to reach using both hands and feet. Motor skills	12. Tracking: Need small, soft, colorful toy, like stuff animal or ball. While baby is lying on her back, hold the toy in front of her face and get her attention. Then move the toy from side to side, and encourage her to follow along with her eyes. Vision	13 Tracking: Need small, soft, colorful toy, like stuff animal or ball. While baby is lying on her back, hold the toy in front of her face and get her attention. Then move the toy from side to side, and encourage her to follow along with her eyes. Vision	
30 mins	30 mins	No time allowed	No time allowed	30 mins	1 HR	No time allowed	
14. Reflections: need a baby-safe mirror. Show your baby her reflection in the mirror, then ask, "who is that?" Repeat with you own reflection and a sibling's or stuffed animal's. Helps with visual and social skills.	15. Kicking (tissue paper): Tuck one or two sheets of new tissue paper under the cushion of a sofa so that it hangs down to the floor like a curtain. Remove baby's socks, and place baby on a towel in a way that he will be able to kick the tissue paper and feel	16. Dancing/ Music: Put on one of your favorite songs and while holding your baby securely to your chest, gently move around together in the time of the music. Develops listening skills	17. 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.	18. Follow the leader: see how many actions your child can imitate in a row by tapping the table, opening and closing your hands, clapping and waving. Helps his imitation and back-forward conversation skills.	19. Grasp and release: you will need empty paper towel or toilet paper tubes cut into 1-to-2 inch rings, a low basket or a shallow pan. Then fill the basket with the paper tube rings and place it in front of your baby while he's in tummy time.	20. Created a reusable tissue box from a tall yogurt container filled with tissue-sized scraps of colorful fabric. Cut a hole in the lid that is wide enough for her to drop a hand into. Then, sat back to watch her grab pieces of fabric, and pull them out.	
No time allowed	1 HR	20 min	No time allowed	20 min	30 min	No time allowed	
21. Sensory play with rice: need a tray where to place the rice, need some blocks or small toys. While placing child on his tummy or sitting. Then introduce the child to the rice in the tray. Then hide some toys under the rice and let the baby find them.	22. Baby play with peekaboo holiday lights: You will need string of led holiday lights and thin cloth diaper, burb cloth or similar to cover the lights. Arrange the string of holiday lights on the floor, place a cloth diaper on top and set the child on top of that	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. 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	25. Create a sensory box for babies. Need different materials such as single socks, duct tape, carpet samples, glitter glue, bubble wrap. Use a box cutter to cut off the flaps of the cardboard box and go around all the edges with duct tape just to make sure there isn't	26. Continue with the sensory box: Add glitter glue to what would be the back wall of the box. Add the socks to the top of the box by poking holes with a screwdriver and sticking the sock through the holes with a knot on the top. Add the bubble wrap and different	27. Jell-O Tummy Time: you will need unflavored Jell-O and a container. If baby isn't yet reaching in Tummy Time, prop him over a nursing pillow or folded blankets/towels. Just be sure to cover any surfaces that you don't want to risk getting stained. Place baby in front of the	
10 min	20 min	1 HR	20 min	30 min	30 min	No time allowed	
28. Make shakers: use lentils, white beans, rice and chickpeas. On the extra 1 mix lentils and rice and then beans with chickpeas you can use the Easter eggs. You can use clear tape to glue them together. Child will hear the different sounds and her fine motor skills to grab them.	29. Sensory play with wet cotton balls: need a tray, cotton balls and water. Set out a few cotton balls and put them in a shallow tray with water. Place child in front of the tray and show him the balls floating in the water. Then you will notice that child will try to get them and squeeze the	30 Baby sit-ups: if your baby has good head control, lay him on his back, place your hands under his arms, and gently guide him into a sit-up by holding his hands and slowly bringing him to sit. Helps motor skills and head control.	31. Read a story to your child before going to bed. While your baby is with you to support attachment. Ask open-ended questions and provide the answer for child to start a conversation.				
No time allowed	1 HR	1 HR	1 HR				