

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

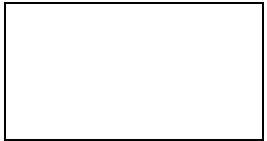
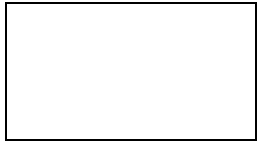
**Child's Name:** \_\_\_\_\_

**Site:** \_\_\_\_\_ **Class #:** \_\_\_\_\_

**Teacher's Signature:** \_\_\_\_\_



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Weekly
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1. Explore the outdoor. Place your baby in a grassy area. Encourage baby to crawl. Add toys around your baby to encourage him to crawl. Talk about the texture of the grass



30 mins

30 mins

No time allowed

No time allowed

20 mins

20 min

30 min



2. Use an empty oatmeal container. Cut out pictures from magazines and glue them on the container. Ex: animals, toys, cars, etc. Encourage baby to roll the container and you named the pictures.

3. Decorate two different small boxes with two different colors of paper. Put both boxes in front of your baby. Pick up one box and name the color. Put the box behind your back. Encourage your baby to find the box

4. Play soft music. Sit your baby on your lap. Take one hand and move it in a circular motion. Take her other hand and do the same. Say the word circle. Make circles up and down. Take a picture and share.

5. Encourage your baby to look into your face and tell him how much you love him every day. Cuddle your baby in your arms and express your love.



6 Sit your baby on a high chair. Put 3 favorite toys. Ex: doll, ball, rattle. Say: pick up the ball, pick up a doll, next and the rattle. If baby doesn't do it. Model for baby until he is able to do it by himself.

7. Take 2 or 3 pots and pans out. Encourage your baby to put the right lid on the right pot. Praise baby. Add edible food inside the pots so baby can be surprised. Take a picture and share.

8 Hold your baby in your lap. Touch different features of his face and name each one. Ex: This is your nose; you smell with your nose. After a few times ask your baby to touch his nose.



30 mins

30 mins

No time allowed

No time allowed

20 mins

20 min

No time allowed



9. Encourage your baby to look into your face and tell him/her how much you love him/her every day. Cuddle your baby in your arms and express your love.

10. Play soft music. Sit your baby on your lap. Take one hand and move it in a circular motion. Take her other hand and do the same. Say the word circle. Make circles up and down. Take a picture and share.

11. Use a small ball and a plastic container or bowl. Sit the baby in front of the container/bowl. Encourage baby to drop the ball inside the container. Praise your baby.

12. Explore the outdoor. Place your baby in a grassy area. Encourage baby to crawl. Add toys around your baby to encourage him to crawl. Talk about the texture of the grass.

13. Visit any restaurant. Make a toy using a straw and putting several lids from the cups. Encourage baby to take off the lids from the straw. Praise baby when he's able to do it. Encourage baby to put the lids into the straw.

14 Decorate two different small boxes with two different colors of paper. Put both boxes in front of your baby. Pick up one box and name the color. Put the box behind your back. Encourage your baby to find the box.

15. Place your baby on tummy time. Place a mirror in front of her. Encourage child to look into the mirror while you point to her face. Name the parts of her face. Eyes, nose, mouth, etc.



No time allowed

30 min

20 min

No time allowed

20 min

30 min

No time allowed



16. Massage your baby with soft strokes. Gently massage his arms, legs and back to remove any tension from the baby's body. Sing soft songs while you massage your baby

17. Disappearing Cheerio. What to do: Create your own version hiding a Cheerio under a cup and seeing if your baby can find it. This simple activity reinforces object permanence, a major concept.

18. Use an empty oatmeal container. Cut out pictures from magazines and glue them on the container. Ex: animals, toys, cars, etc. Encourage baby to roll the container and you named the pictures.

19. Gather a variety of paper and roll them into a ball. Place baby in a comfortable seated position. Hold the ball in front of the child. Wiggle it to capture her attention. Roll the ball around where she can see it and reach it.

20. Sing a song: Head, Shoulders, Knees and Toes. Point to your baby's body parts while you sing the song.

21. Gather different types of pieces of fabric. Ex: scarfs, cloth or a diaper. Throw one item at a time into the air. As it floats down encourage your baby to catch it

22. Massage your baby with soft strokes. Gently massage his arms, legs and back to remove any tension from the baby's body. Sing soft songs while you massage your baby.



No time allowed

20 min

No Time allowed - Repeat

20 min

No time allowed

30 min

No time allowed



23. Sing a song: Head, Shoulders, Knees and Toes. Point to your baby's body parts while you sing



24. Finger paint. Pour few dots of different color of paint in a piece of construction paper, and have your baby, rub it all over the paper, he/she will enjoy painting.

25. shake the bottle, Fill the bottle with rice or pasta, and glue the top back on so your baby can safely watch and hear what happens as he shakes, rattles, and rolls the container



26. Buggy Finger paint. Squeeze a couple of dark colors of washable finger paint into a zippered baggy and seal tightly. Add duct tape for extra security. Spread the paint around to coat the inside of the bag, then place it on the floor in front of your baby during tummy time.

27. Use the same empty oatmeal container with the cut-out pictures from magazines and encourage baby to roll the container and you named the pictures.

28 Rhythm time. Sing songs with real or made-up words that rhyme, like "thump, thump, thump, bump, bump, jump, jump, jump." You might feel a little silly, but all that rhyming is another way to boost your language development.

29. Use a small ball and a plastic container or bowl. Sit the baby in front of the container/bowl. Encourage baby to drop the ball inside the container. Praise your baby.



No time allowed

30 min

30 min

30 min

10min

No time allowed

30 min



30. Place your baby on tummy time. Place a mirror in front of her. Encourage child to look into the mirror while you point to her face. Name the parts of her face. Eyes, nose, mouth, etc.

31. Gather different types of pieces of fabric. Ex: scarfs, cloth or a diaper. Throw one item at a time into the air. As it floats down encourage your baby to catch it.



No time allowed

30 min

