

AUGUST 2021

EARLY HEAD START 0-12 MONTHS FAMILY ENGAGEMENT HOME PROJECT

Childs

Name: _____

Site: _____

Class #: _____

Teacher Signature: _____



Volunteers of America
LOS ANGELES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
1. Enjoy the outdoors. Read a book to your baby. Encourage your child to point to the picture. Ask your child questions related to the story.	2. Put baby on a blanket so that he/she can observe you moving and working. Make sure that you can see and hear him. Stop often to smile and talk to your child face-to-face.	3. Try different techniques to comfort your baby, such as holding, stroking, talking, and swaddling. Sing a song, express how much you love your him/her.	4. Describe your actions throughout the day as you dress, feed, and bathe baby. This gives baby an opportunity to listen to the sounds and rhythms of speech.	5. Start using hand movements along with associated words to teach baby to communicate with gestures.	6. Play music throughout the day - lively, upbeat music during playtime, and quiet melodic music for naps and bedtime.	7. Do some actions that your baby can copy. This helps him use an important type of learning: imitation.	
NO TIME ALLOWED	NO TIME ALLOWED	20 Mins	NO TIME ALLOWED	20 Mins	NO TIME ALLOWED	20 Mins	
8. Draw a picture of your baby and point out to the different parts Ask baby to point to the different parts of his face. Encourage your family to practice naming the parts too.	9. Hide objects under a blanket or behind a piece of furniture in the play space during playtime. You can also try hiding yourself and pop out from behind a piece of furniture to surprise baby.	10. During meal time, talk about the different textures of solid foods. Encourage your baby to start using his fingers and grabbing the food.	11. Use a carton box and make two holes to let your baby discover how to retrieve a toy that has gone out of reach. Encourage your child to put toys inside and allow him to see what happens. Decorate the box. Take a picture to share with teacher.	12. Hold toys in various positions to encourage your baby to stretch and reach for the toys. Your baby will practice using his hands and body to reach objects and balance his body.	13. Try doing this back-and-forth vocal play during caregiving routines. Talk to your baby while you change his diaper, get him dressed, and give him a bath. Remember to pause to give him plenty of time to respond to your words: Mommy is putting on your blue shirt.	14. Start using hand movements along with associated words to teach baby to communicate with gestures.	
20 Mins	NO TIME ALLOWED	20 Mins	20 Mins	20 Mins	1 Hr	20 min	
15. Enjoy the outdoor with your baby. Pull some flowers, leaves. Allow your baby to explore the texture. Describe what the baby is doing.	16. Read a book to your baby. Hold the book in front of her face and point to the pictures as you label them.	17. Give a toy musical instrument to baby and show her how to use it. This is a great way to introduce rhythm and music during playtime. She will enjoy learning how to make different sounds. Try forming a family band and making music together.	18. Practice dropping things, especially things that make a noise when they land. Picking up and dropping objects helps your baby gain more control of the muscles in her hands. Take a picture	19. Call your baby's name from a distance so he can practice locating your voice. This helps him learn how to locate the source of a sound.	20. Practice dropping things, especially things that make a noise when they land. Picking up and dropping objects helps your baby gain more control of the muscles in her hands.	21. Respond to baby's sound and encourage two-way communication.	
NO TIME ALLOWED	10 Mins	20 Mins	20 Mins	NO TIME ALLOWED	20 Mins	NO TIME ALLOWED	
22. Before bed, give your baby a gentle massage. Sing a lullaby while you do it. This will help prepare your baby to rest is/her body after a day of movement.	23. Place your baby on tummy position. Put a blanket down on and move the blanket slowly around the room. Have fun doing the activity with your baby. Share a picture of your baby smiling	24. Offer toys that your baby can close her hand around. This encourages her to use her hands to grasp and release objects. Take a picture of your baby doing this activity and show your teacher.	25. Imitate sounds that your baby makes, especially repeated sounds like da-da-da or ma-ma. Soon, some of these repeated sounds may turn into first words: mama, dada, or bye-bye.	26. Lay your baby face up so she/he can see your face. Make different gestures that your baby can copy, like open your mouth, move your hands/fingers, smile. Encourage your child to imitate you.	27. During Tummy time lay down in front of your baby. Encourage him/her to reach for you as you talk to him/her and make sounds. Praise your baby for lifting her head and pushing up.	28. Hold toys in various positions to encourage your baby to stretch and reach for the toys. Your baby will practice using his hands and body to reach objects and balance his body.	
NO TIME ALLOWED	NO TIME ALLOWED	20 Mins	NO TIME ALLOWED	10 Mins	NO TIME ALLOWED	20 Mins	
29. First puzzle for your baby by letting him put items in a muffin pan. Use a tennis ball, soft balls or toys that can fit in the muffin pan. Describe your baby's actions.	30. During Tummy time encourage your baby to roll over from side to side. Encourage baby to reach for the toy. Name the toy and praise your baby.	31. Enjoy the outdoors. Read a book to your baby. Encourage your child to point to the picture. Ask your child questions related to the story.					
NO TIME ALLOWED	NO TIME ALLOWED	10 Mins					