

OCTOBER 2021

EARLY HEAD START 0-12 MONTHS FAMILY ENGAGEMENT HOME PROJECT

Childs Name: _____
Site: _____
Class #: _____
Teacher Signature: _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
					1. Have a radio available. Play classical music to your baby. Dance with your baby.	2. Sing a song to your baby. Sing it with a loud tone of voice, sing it with a soft tone of voice. See your child's expression. Talk about his expressions or emotions versus loud and soft.	
					No Time Allowed	No Time Allowed	
3. With the child lying on his back, hold a soft ball or rattle within his reach. Wave or gently shake the ball to encourage child to look, grab and reach.	4. While dressing baby, touch body in different places. Smile and say the name of each body part. Then say "beep" or make another sound after each new body part you touch.	5. Lay your child on her tummy. If possible have a mirror near. Encourage child to lift her head to look into the mirror and hold her head up while lying on her tummy.	6. Make a diary. Keep track of things like baby's movement milestones, how often he eats, and the number of ounces he eats per day. Take pictures of your baby.	7. Read to your baby in a soft tone of voice	8. While baby is lying on her back, pretend baby is riding a bike by gently grasping her ankles, keeping legs apart and moving them in slow circles. Tell baby by using simple language: "go" and "stop."	9. Put up a child-safe activity mirror on a side of baby's crib where she can see it. Say a rhyme: "Mirror mirror on the wall, Who's the coolest baby of all? (Baby's name)!" Take a picture.	
15 Mins	No Time Allowed	15 Mins	20 Mins	No Time Allowed	15 Mins	15 Mins	
10. Sing a song to your baby. Sing it with a loud tone of voice, sing it with a soft tone of voice. See your child's expression. Talk about his expressions or emotions versus loud and soft.	11. When changing baby's diaper. Talk to her about what you are doing. "We have a clean diaper for you." "Mommy is going to lift up your legs now." Setting the foundation for her language	12. Put your baby on his stroller. If possible walk around the neighborhood, supermarket, mall, etc. and talk about what you both see and hear.	13. Sing a song like "Wheels on the Bus" or "Itsy Bitsy Spider." Use hand motions to get a reaction out of baby. Helps baby develop language skills.	14. Make a diary. Keep track of things like baby's movement milestones, how often he eats, and the number of ounces he eats per day. Take pictures of your baby.	15. Play on floor with baby while he stays on his tummy. Place toys in front of him and sing songs. Baby loves your face and voice! Helps baby by making Tummy Time fun. TAKE A PICTURE AND SHARE	16. While baby is lying on her back, pretend baby is riding a bike by gently grasping her ankles, keeping legs apart and moving them in slow circles. Tell baby by using simple language: "go" and "stop."	
No Time Allowed	No Time Allowed	20 Mins	No Time Allowed	20 Mins	15 Mins	15 Mins	
17. While dressing baby, touch body in different places. Smile and say the name of each body part. Then say "beep" or make another sound after each new body part you touch.	18. Put up a child-safe activity mirror on a side of baby's crib where she can see it. Say a rhyme: "Mirror mirror on the wall, Who's the coolest baby of all? (Baby's name)!" Take a picture	19. With the child lying on his back, hold a soft ball or rattle within his reach. Wave or gently shake the ball to encourage child to look, grab and reach.	20. When changing baby's diaper. Talk to her about what you are doing. "We have a clean diaper for you." "Mommy is going to lift up your legs now." Setting the foundation for her language	21. Have a radio available. Play classical music to your baby. Dance with your baby.	22. Lay your child on her tummy. If possible have a mirror near. Encourage child to lift her head to look into the mirror and hold her head up while lying on her tummy.	23. Play on floor with baby while he stays on his tummy. Place toys in front of him and sing songs. Baby loves your face and voice! Helps baby by making Tummy Time fun.	
No Time Allowed	15 Mins	15 Mins	No Time Allowed	No Time Allowed	15 Mins	15 Mins	
24. While baby is lying on her back, pretend baby is riding a bike by gently grasping her ankles, keeping legs apart and moving them in slow circles. Tell baby by using simple language: "go" and "stop."	25. Play with your child Pat- A-Cake or favorite song	26. Put your baby on his stroller. If possible walk around the neighborhood, supermarket, mall, etc. and talk about what you both see and hear	27. Sing a song like "Wheels on the Bus" or "Itsy Bitsy Spider." Use hand motions to get a reaction out of baby. Helps baby develop language skills.	28. While dressing baby, touch body in different places. Smile and say the name of each body part. Then say "beep" or make another sound after each new body part you touch.	29. Play on floor with baby while he stays on his tummy. Place toys in front of him and sing songs. Baby loves your face and voice! Helps baby by making Tummy Time fun. Take a picture and share	30. Make a diary. Keep track of things like baby's movement milestones, how often he eats, and the number of ounces he eats per day. Take pictures of your baby.	
15 Mins	No Time Allowed	30 Mins	No Time Allowed	No Time Allowed	15 Mins	15 Mins	
31. Put up a child-safe activity mirror on a side of baby's crib where she can see it. Say a rhyme: "Mirror mirror on the wall, Who's the coolest baby of all? (Baby's name)!" Take a picture							
15 Mins							

