

# SEPTEMBER 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. 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.	2. Practice tummy time with your baby. Place your baby on his stomach and place a mirror in front of his face.	3. Call your baby's name from a distance so he can practice locating your voice. Cut out one picture from magazines and glue it on a cardboard and do the same with the pictures.	4. Find 3 of your baby's favorite toys. Use them to guide your baby's vision. Encourage baby to follow the object with his eyes.	
			20 Mins	No Time Allowed	20 Mins	20 Mins	
5. Use a pillow to prop up your baby so she can look around independently. Put a toy and see what baby does.	6. Cut out pictures from magazines. Glue them on construction paper. Make a book and show the pictures to your baby. Describe the pictures. .	7. Smile and laugh to show your feeling as you raise your baby and say up or lower your baby and say down.	8. 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.	9. Imitate sounds that your baby makes, especially repeated sounds like da-da-da- or ma-ma	10. Offer toys that your baby can close her hands around. If she drops it encourage her to grab it again.	11. Move a toy so that your baby will try to turn his head in order to keep the toy in sight.	
No Time Allowed	30 Mins	No Time Allowed	15 Mins	No Time Allowed	15 Mins	15 Mins	
12. Try different techniques to comfort your baby, such as holding stroking, talking and swaddling.	13. Pick one of your favorite childhood songs that your mother used to sing to you. Write on a piece of paper. Decorated with your child's pictures and posted near his crib. Sing it every time you can.	14. Play Peek-a-Boo with your baby. Talk to her from behind a cloth and then peek out.	15. Smile, hold your baby close to he can see your face and lips. Speak to him in a gentle voice.	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. Use the same empty oatmeal container with the cutout pictures from magazines and encourage baby to roll the container and you named the pictures.	18. 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 Mins	No Time Allowed	No Time Allowed	No Time Allowed	15 Mins	15 Mins	
19. Sing a song: Head, Shoulders, Knees and Toes. Point to your baby's body parts while you sing the song.	20. 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.	21. Visit the library. Pick books and read to your baby.	22. 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.	23. 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	24. 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.	25. 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.	
No Time Allowed	20 Mins	No Time Allowed	No Time Allowed	20 Mins	20 Mins	No Time Allowed	
26. 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.	27. 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.	28. Decorate two diffeent 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	29. 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	30. Sing a song: Head, Shoulders, Knees and Toes. Point to your baby's body parts while you sing the song			
20 Mins	No Time Allowed	20 Mins	No Time Allowed	No Time Allowed			