

NOVEMBER 2022

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. After a bath or during changing, gently massage baby from top of head to bottom of feet. Massages are good for all babies.	2. Give baby easy to grasp and mouth toys. Show the baby what they can do with the toys and give them time to explore on their own. Describe the colors and sounds they make.	3. Get baby to move by dangling a toy to look up at. Baby should be starting to lift head a little bit when doing Tummy Time.	4. Babies love faces. Go through pictures of family and friends or a magazine. Point out the smiling faces for baby. You can also draw a basic smiley face on a paper plate and hang it in baby's room.	5. While holding your baby in your arms, read a book. Change your tone of voice and encourage to touch the book and pictures as you read.	
		No Time Allowed	No Time Allowed	10 Mins	15 Mins	No Time Allowed	
6. When changing baby's diaper, talk about what you are doing. "We have a clean diaper for you." "Mommy is going to lift up your legs now."	7. While baby is alert, awake, and calm place a soft, cushy toy with a face within their arm length. The face will interest them, and the way it feels will develop their sense of touch. Move the toy up and down, left and right in front of them.	8. Practice tummy time. Place a mirror in front of them and point out their nose, eyes, mouth. This will help them to become aware of their body parts.	9. Play on floor with baby while he/she stays on their tummy. Place toys in front of them and sing songs. Baby loves your face and voice!	10. Introduce nursery rhymes to your child such as, "ABCs", "Where is Thumbkin?" "Twinkle, Twinkle, Little Star."	11. Place a puppet on your hand. Move puppet up and down, while saying baby's name. See if baby can follow the movement. Then move the puppet in a circle. As soon as baby is able to follow the movement, try different movements.	12. Shake a rattle on each side of the baby's head. Try different speeds fast then slow. Praise and cuddle your baby as they search for the noise.	
No Time Allowed	15 Mins	20 Mins	No Time Allowed	No Time Allowed	20 Mins	No Time Allowed	
13. Play with baby's favorite toy in front of him while lying on their tummy to get his interested in looking up.	14. Talk to baby often. Baby should be cooing (soft throaty sounds including vowels) and gurgling (low, throaty, wet sounds) back to you by about two months.	15. Read to your baby every day. This will help their vocabulary, language and pronunciation.	16. Smiling is one of the biggest expression's babies make! Give baby a big cheesy smile and make some funny noises. Watch baby smile back at you.	17. Grab a stuffed animal and talk to it. Touch its face. Name each part (nose, ears) you touch. Let baby feel the stuffed animal's face and yours. Name what baby touch. Then help him touch their own ears, mouth, etc., while you name each part.	18. Encourage baby to make noise by responding as if in conversation. Repeat sounds baby makes and add new words. Baby will learn the give and take of communication and may begin to babble sounds by heard you say.	19. Give your baby a gentle massage with lotion or oil. As you do softly sing and talk to your baby to help relax them. Growing muscles will rest.	
15 Mins	No Time Allowed	No Time Allowed	No Time Allowed	20 Mins	No Time Allowed	No Time Allowed	
20. As you do your daily activities. Talk to your baby. Describe what you are doing, texture, sounds, etc. Talk to your baby and see his expressions.	21. Peek-a-boo. Use a big cloth, blanket and placed it over your head. Play peek a boo. Have fun with each other. Snap a photo.	22. Hold your baby's ankles and moving them up and down as you sing up and down. Move the legs in and out as you sing in and out. repeat with the arms. Include around, criss-cross and back and forth	23. Tied a 14inch piece of wide ribbon/elastic on a soft toy. Place/tied the other end of the ribbon on the baby's high chair. When baby tries to drop the toy encourage him to retrieve the toy with the ribbon.	24. Use an empty plastic container. Seal the container with a lid. Make a circle and square holes for the baby to insert pieces of paper shape in a circle and square. Encourage baby named the shapes as he puts them in/out.	25. Read a book to your baby. Sing songs. Let him know how much you love holding him while reading and singing.	26. Cut pieces of fabric. Turn on some music and dance with the pieces of fabric. Encourage baby to toss them up in the air or wrap them around their waist and see how it moves.	
No Time Allowed	No Time Allowed	No Time Allowed	20 Mins	20 Mins	No Time Allowed	20 Mins	
27. During mealtime, place baby's food on the high chair tray. Encourage to use his fingers to grab his food. Talk about the texture, colors of the food.	28. Find a tube. Ex: towel roll, toilet roll. Decorate with stickers, paper, etc. encourage baby to try to fit pom-poms, cotton balls, etc. Practice using words like in-out-soft, through the tube, etc. Share a photo with teacher.	29. Crumble paper, plastic bottles, plastic bag and watch for your child's reaction. Tell your child the names of the items.	30. Bubbles! Mix in a large bowl: ½ cup of tearless baby shampoo. 2 cups of water and 3 teaspoons of sugar. Have fun making bubbles. Encourage baby to blow and catch the bubbles. Take photo share with teacher				
No Time Allowed	1 HR	No Time Allowed	20 Mins				