

FEBRUARY 2023

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. Carry your child around your home and talk about what you see. Then draw a picture of what he sees the most.	2. Rub lotion on their arms and legs, and massage. Talk or sing to them while rubbing in the lotion. Label their body parts as you massage.	3. Encourage your child to grasp a rattle or another toy. Once mastered hold it a bit out of their reach and see if they will move to grasp. Take a picture of this moment.	4. Imitate your child's sounds. Pause and see if they will try to imitate you. Use expressions and gestures and see if they will imitate also.	
			10 Mins	No Time Allowed	20 Mins	No Time Allowed	
5. Look at a book facing your child. Point at pictures and say single words and make sounds where possible. Your child can look at the pictures and at your face to see the words.	6. Cover your face with a cloth or blanket and hide. Say "Where did I go?" Uncover and say either "Boo!" or "Here I am!"	7. Clap feet or hands together and sing rhymes! Hold your child and look into a mirror together. Talk, make faces, name body parts, make sounds, enjoy!	8. Crumple some aluminum foil into a ball. Hold your child on your lap in front of a table. Roll the ball in front of them to watch and encourage him to "catch it."	9. Hold your child so he is facing you. Make funny faces and encourage your child to touch your face and label. "Nose", "eyes", "mouth" etc.	10. With your child laying on their back, pull off their socks one at a time and say "Bye-bye sock" or "sock off".	11. Place child on tummy on a beach ball or exercise ball, encourage tummy time play with the ball straddled between your legs on floor. Good eye contact!	
10 Mins	10 Mins	15 Mins	15 Mins	No Time Allowed	No Time Allowed	10 Mins	
12. Massage feet and hands and count each toe/finger. Clap feet or hands together and sing rhymes. Trace their hand and show them and count one finger at a time.	13. Hold your child and look into a mirror together. Talk, make faces, name body parts, make sounds, enjoy! Draw a mirror shape then inside draw a happy face.	14. Hold a toy or medium sized ball above their arms or legs. Help or encourage them to lift legs to kick the toy or lift arms to grab the toy.	15. Position your child on their back or in sitting position and help them touch soft things (i.e.: soft animals, washcloth, blanket etc.) with various body parts.	16. Make repetitive sounds, words or noises and wait for your child's reaction then repeat. Examples: A car goes "Brrrrm!" a sheep goes "ba ba ba"	17. Give your child something large to hold so that they use two hands to hold it. A large stuffed animal, or a large ball or a large bowl would work.	18. Make sounds like "ba-ba" or "da-da" and see if he will copy. Sing these sounds to the tune of "Row, row, row your boat".	
15 Mins	15 Mins	10 Mins	10 Mins	No Time Allowed	No Time Allowed	10 Mins	
19. Read a book to your child. Use a variety of tone of voices.	20. Help your child to grab different objects and allow them to explore each. Say "Look at the _____. Get it!" And when they do exclaim "Yeah!" you did it!	21. Create 5 balls with wax paper or newspaper and wrap them with masking tape. Place them on a shoebox then give them another empty shoebox and see if he/she can move them one by one into the empty box.	22. Use animal sounds when playing or reading to baby. Point out a picture of an animal then make the sound that animals make: "A cow goes moo," "A sheep goes baa".	23. Cut a long piece of tape and place it on the wall. Then give your baby several color pompoms, to stick. They will love sticking them and removing them.	24. Read the story of the Very Hungry Caterpillar. Then point to all the fruits that the caterpillar ate as you repeat the names of the fruits.	25. Assist your baby to stack 5 plastic cups creating a tower, then knock them down and see if he can do it again.	
No Time Allowed	30 Mins	1 HR	No Time Allowed	30 Mins	15 Mins	15 Mins	
26. Allow baby to grab and explore items within reach by giving them space to explore the environment. Always make sure it is safe for the baby.	27. Have baby explore a bin with sensory objects for baby to touch and explore. Observe baby's facial expressions and ask her questions about these objects.	28. Point to the different parts of your face and name them for baby. Point to your nose and say "mommy's nose." Continue to do this with other facial features and see how baby reacts.					
No Time Allowed	30 Mins	30 Mins					

