

MARCH 2023
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. Give baby easy to grasp mouth toys. Show baby what they can do with the toys and give them time to explore on their own. Describe the colors and sounds they make.	2. Get baby to move by dangling a toy for he/she to look up at. Baby should lift their head a bit while doing Tummy Time.	3. 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 smiley face on a paper plate and hang it in baby's room.	4. While holding your baby in your arms, read a book. Change your tone of voice and encourage him/her to touch the book and pictures as you read.	
			No Time Allowed	15 Mins	15 Mins	No Time Allowed	
5. 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."	6. While baby is awake, alert, and calm, place a soft, cushy toy with a face within their reach. The face will interest them, and the way it feels will develop their sense of touch. Move the toy to encourage reaching.	7. Practice tummy time. Place a mirror in front of baby and point out their nose, eyes, mouth. This will help them become aware of their body parts.	8. 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!	9. Sing a song like "Wheels on the Bus" or "Itsy Bitsy Spider." Use hand motions to get a reaction out of baby.	10. 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.	11. 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	20 Mins	15 Mins	No Time Allowed	15 Mins	20 Mins	No Time Allowed	
12. Play with baby's favorite toy in front of him while lying on their tummy to get him/her interested in looking up.	13. 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.	14. Read to your baby every day. This will help their vocabulary, language, and pronunciation.	15. 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.	16. Grab a stuffed animal and talk to it. Touch its face. Name body parts (nose, ears) as 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.	17. 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.	18. Give your baby a gentle massage with lotion or oil. As you do this, softly sing and talk to your baby to help them relax. This will help their growing muscles rest.	
15 Mins	No Time Allowed	No Time Allowed	No Time Allowed	15 Mins	No Time Allowed	20 min	
19. Let baby touch fabric with different textures such as wool and velvet. Use a different word to describe each one to him: "soft", "rough", "smooth". Baby won't understand the meaning but this is an excellent way to expose baby to new words.	20. Baby may be rocking back and forth on tummy or rolling on the floor as he gains better control over his movement. Encourage baby to continue rolling by holding a toy out for them to reach for, during tummy time.	21. Sensory play with rice: You will need a tray, and blocks or small toys. Place your baby on tummy time or sitting, then introduce the child to the tray with rice on it. Then hide some of his/her toys or blocks in the rice so baby can find them!	22. Peekaboo holiday lights: You will need string of holiday lights and a burp cloth. Set-up the string lights on the floor, place the burp cloth on top. Set baby on his/her tummy and see how they react to the lights. Encourage baby to touch.	23. Before bedtime give your baby a gentle massage. Sing lullabies as you do. This will help prepare them for rest time and relax their body's after a long day of movement.	24. Pick a book your child likes to read. After you read each page, stop and talk about what they are seeing as you point to the pictures. If there are things on the page that make noise, make the sound. If there are touch and feel items guide your baby's hand so they can touch the textures.	25. Create a sensory box for your baby: You will need different materials such as a large cardboard box, single socks, glitter glue, duct tape, carpet samples, bubble wrap, etc. Cut off the flaps of the cardboard box and go around the edges with duct tape.	
15 Mins	20 Mins	15 Mins	20 Mins	30 Mins	30 Mins	30 Mins	
26. Continue with the sensory box: Add glitter glue to the back wall of the box. Add the socks to the top of the box by poking holes with a screwdriver and sticking the sock through the holes with a knot on the top. Add the bubble wrap and different carpet squares to the walls and bottom of the box. Secure box on the floor and place baby in the box to explore.	27. Jell-O Tummy Time: you will need unflavored Jell-O and a container. If baby isn't yet reaching in Tummy Time, prop him over a nursing pillow or folded blankets/towels. Just be sure to cover any surfaces that you don't want to risk getting stained. Place baby in front of the container and make sure he is able to reach the Jell-O.	28. Make shakers: use lentils, beans, rice, chickpeas, and plastic Easter eggs. Mix lentils, rice, beans, and chickpeas in the Easter eggs. You can use clear tape to keep the eggs in-tact. Baby will enjoy the sounds and use his/her fine motor skills to grab them.	29. Sensory play with wet cotton balls: grab a tray, cotton balls, and water. Set out a few cotton balls and put them in a shallow tray with water. Place your child in front of the tray and show him the balls floating in the water. Help him/her grab the balls and squeeze the water out.	30. If your baby has good head control, lay him on his back, place your hands under his arms, and gently guide him into a sit-up position by holding his hands and slowly bringing him to sit. This helps motor skills and head control.	31. Read a story to your child before going to bed. Hold your baby to support bonding. Ask open-ended questions and provide the answer for child to start a conversation.		
1 HR	20 Mins	30 Mins	30 Mins	15 Mins	15 Mins		

