

MARCH 2024

EARLY HEAD START 0-12 MONTHS

FAMILY ENGAGEMENT HOME PROJECT

Childs

Name: _____

Site: _____

Class #: _____

Teacher Signature: _____



Volunteers of America®
LOS ANGELES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
				1. Tap, Tap, Tap: With baby on their back, sing a song. While singing, tap the bottom of their feet in time with the song. Baby will love hearing your voice and the tapping gives them a new sound experience. Helps baby develop listening skills.	2. Hand Claps: Gently clap baby's hands together to some music. Bring arms out in front and clap over their head, then to the right and left to the beat. Helps baby develop body awareness.	3. Lap Baby: Soothe baby on your lap. Place baby across your knees while you are in the sitting position and rub their back while they do a little Tummy Time. Helps you steady baby and keep them calm during Tummy Time.	
				No Time Allowed	20 Mins	No Time Allowed	
4. While baby is lying on their back, pretend baby is riding a bike by gently grasping their ankles, keeping legs apart and moving them in slow circles. Tell baby what you're doing using simple language: "go" and "stop." Helps baby develop motor	5. 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.	6. When baby is on tummy, get down on their level. Encourage eye contact. Place a mirror in front of baby, so they see themselves in a new way. Helps baby develop motor skills, prevents flat spots on head.	7. Nature Walks: Go for a walk outside and let baby hear the sounds around them. Helps expose baby to new sensations.	8. Play with baby's favorite toy in front of them while lying on his tummy to get them interested in looking up. Helps baby learn to lift up head.	9. Place an unbreakable mirror in the crib or next to the changing table for your baby to see her face and movements.	10. Smiling Faces: Babies love faces. Draw a basic smiley face on a paper plate and hang it in baby's room or crib. Helps baby develop ability to focus.	
20 Mins	No Time Allowed	20 Mins	No Time Allowed	20 Mins	No Time Allowed	20 Mins	
11. Create a hand puppet using a sock. Play: Place a puppet on your hand. Move puppet up and down, while saying baby's name. See if they can follow the movement. Helps baby develop vision skills.	12. Use the same puppet Play: Then move the puppet in a circle. As soon as they are able to follow hide the puppet and see if baby is able to find it with his eyes. Helps baby develop vision skills.	13. Stick out your tongue and encourage baby to try. Try this during diaper changes or playtime. Helps baby develop tongue control.	14. A Whole New World: Carry baby in different positions around the house. Carry baby tummy down or prop them up on your shoulder so they can see what is going on behind you. Helps baby develop head control and experience new movements.	15. Side Chats: Lie baby down and talk to him from the left and right sides. Helps baby turn head in different directions.	16. Velcro and Pompoms: Cut a long piece of Velcro and place it on the wall. Then give your baby several color of pompoms, to stick them. They will love sticking them and removing them. Take a photo and share.	17. Baggy Finger painting Place dark colors on a zippered bag, tape tightly. Then place a long piece of construction paper on the floor and pour dots of paint and let you baby use his/her fingers to paint side to side to see what they can create.	
1 HR	20 Mins	No Time Allowed	No Time Allowed	No Time Allowed	1 HR	1 HR	
18. Read to your baby every day. This will help their vocabulary, language and pronunciation.	19. Simon Says: Play a game call Simon Says, and tell your baby that Simon says touch your, nose, eyes etc. and demonstrate to your baby as you will also do it too.	20. Sponge painting: Pour several colors of paint in several small plastic plates, then let your baby dip the sponge in the paint and have a piece of paper/carton to paint on.	21. Scoop and dump: Give your baby a medium size spoon and on a bowl place several cotton balls and place another bowl so that she can scoop form one and dump on the other one.	22. Cereal necklace: Let your little one string some cheerios onto a piece of yarn and create a little necklace. Safety first.	23. Chalk drawing: Provide your baby with several colors of chalks and enjoy the outdoor by drawing on the cement floor. Assist them by first drawing lines, then circles, etc.	24. Microphone: Create a microphone with a roll of an empty paper towel roll. Then place a small plastic ball and rap tape around. Once finish sing songs with your baby.	
No Time Allowed	No Time Allowed	30 Mins	30 Mins	No Time Allowed	30 Mins	1 HR	
25. Cardboard tunnel: Save those big boxes and craft a tunnel for baby to crawl through. Decorate, put pieces of fabric. Take a picture.	26. Tape and Pull: Get a clear medium size container, flip it over then tape several pieces of color duct tape around it. Allow your baby to remove the tape. They will enjoy taken it off.	27. Touch-and-feel board: Cover a poster board with different types of things the baby can touch, such as fur, sandpaper, bubble wrap and aluminum foil, etc. Describe to baby the different types of texture.	28. Whipped cream painting: Spray a little whipped cream on a highchair tray or table and let your little one paint pictures in it. Take a picture and share.	29. Little artist Provide your baby with a shoe box and let them draw on it all over and you will see what they have drawn. Take a picture/share.	30. Nursery Rhymes: Read to you baby nursery rhymes so that they can repeat words such "hey diddle diddle" and other rhymes.	31. Sticky pumpkin: Draw a large pumpkin and place it on the wall, place glue all over the pumpkin. Cut several pieces of orange tissue paper and have child glue them.	
1 HR	30 Mins	1 HR	30 Mins	30 Mins	No Time Allowed	30 Mins	