

# DECEMBER 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. Hold toys in various positions to encourage your baby to stretch and reach for the toys. Your baby will practice using his hands and body to reach objects and balance his body.	2. Practice dropping things, especially things that make a noise when they land. Picking up and dropping objects helps your baby gain more control of the muscles in her hands. Take a picture.	
					15 Mins	15 Mins	
3. Communicate love through calm, warm body contact, and soothing words. Responding to your baby in a loving way teaches her that she can trust you.	4. Sing a song as you care for your baby, you help him learn to love music and feel comforted by soothing rhythm and motion. Write the song and take a picture.	5. Read a book to your baby. Hold the book in front of her face and point to the pictures as you label them. 	6. Put baby on a blanket indoors or outdoors so that he can observe you moving and working. Make sure that you can see and hear him. Stop often to smile and talk to him face-to-face.	7. Try different techniques to comfort your baby, such as holding, stroking, talking, and swaddling. Sing a song, express how much you love him.	8. Cut out pictures from magazines that have bright colors or black or white. Hold your baby or place him where he can hold his head up and look at the interesting pictures. This helps your baby learn to use his eyes and control his body.	9. Offer toys that your baby can close her hand around. This encourages her to use her hands to grasp and release objects. Take a picture of your baby doing this activity and show your teacher.	
No Time Allowed	30 Mins	No Time Allowed	No Time Allowed	No Time Allowed	30 Mins	15 Mins	
10. Smile, hold your baby close so he can see your face and lips, and speak to him in a gentle voice. Watching and listening to you speak helps your baby begin to connect the sound of a voice with mouth movement.	11. Use a pillow to prop up your baby so she can look around independently. Propping her up allows your baby to explore more easily with her eyes and hands.	12. Prop your baby in a seated position. Talk to her as you work. For example, as you fold laundry, cooking, etc. 	13. Try doing this back-and forth vocal play during caregiving routines. Talk to your baby while you change his diaper, get him dressed, and give him a bath. Remember to pause to give him plenty of time to respond to your words. Say "Blue shirt. Mommy is putting on your blue shirt."	14. Call your baby's name from a distance so he can practice locating your voice. This helps him learn how to locate the source of a sound.	15. Move a toy so that your baby will try to turn his body in order to keep the toy in sight. Offering the child, a toy in this way gives him a reason to try to roll over. Take a picture and share it.	16. Hold toys in various positions to encourage your baby to stretch and reach for the toys. Your baby will practice using his hands and body to reach objects and balance his body.	
No Time Allowed	15 Mins	No Time Allowed	No Time Allowed	No Time Allowed	30 Mins	15 Mins	
17. Describe your actions throughout the day as you dress, feed, and bathe baby. This gives baby an opportunity to listen to the sounds and rhythms of speech.	18. With the support of a cardboard box. Stand your child beside the box and offer support while placing her hands on one edge for balance. Keep your hand on the box to steady it. Encourage effort. Take a picture. Allow your child to do other things with the box.	19. Start using hand movements along with associated words to teach baby to communicate with gestures.	20. Enjoy the outdoors. Read a book to your baby. Encourage your child to point to the picture. Ask your child questions related to the story.	21. First puzzle for your baby by letting him put items in a muffin pan. Use a tennis ball, soft balls or toys that can fit in the muffin pan. Describe your baby's actions.	22. Use a box carton and make two holes to let your baby discover how to retrieve a toy that has gone out of reach. Encourage your child to put toys inside and allow him to see what happens. Decorate the box. Take a picture and share with teacher.	23. During Tummy time encourage your baby to roll over from side to side. Encourage baby to reach for the toy. Name the toy and praise your baby.	
No Time Allowed	15 Mins	No Time Allowed	No Time Allowed	15 Mins	30 Mins	No Time Allowed	
24. Draw a picture of your baby and point out to the different parts. Ask baby to point to the different parts of his face. Encourage your family to practice naming the parts too.	25. Respond to baby's sounds and encourage two-way communication. 	26. Hide objects under a blanket or behind a piece of furniture in the play space during playtime. You can also try hiding yourself and pop out from behind a piece of furniture to surprise baby.	27. During meal time, talk about the different textures of solid foods. Encourage your baby to start using his fingers and grabbing the food.	28. Place your baby on tummy time position. Put a blanket down on and move the blanket slowly around the room. Have fun doing the activity with your baby. Share a picture of your baby smiling.	29. Put a toy on the first chair with your child standing in front of it. Put a second toy on the next chair after she plays with the first toy. Stand back and see if she will move from chair to chair. Name the toys.	30. Imitate sounds that your baby makes, especially repeated sounds like da-da-da or ma-ma. Soon, some of these repeated sounds may turn into first words: mama, dada, or bye-bye.	
30 Mins	No Time Allowed	30 Mins	No Time Allowed	No Time Allowed	30 Mins	No Time Allowed	
31. Smile, hold your baby close so he can see your face and lips, and speak to him in a gentle voice. Watching and listening to you speak helps your baby begin to connect the sound of a voice with mouth to movement. 							
15 Mins							

