

January 2024

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
	<p>1. While your baby is lying on her back, hold a toy in front of her face and if needed, wiggle it slowly or gently. Touch her with it to get her attention and begin to have a conversation.</p>	<p>2. Visit the library and check out your favorite books to take home and read together.</p> 	<p>3. Bring a container to them with soft objects inside. Let them dump it out and then encourage them to drop each one back in. Try again. This will teach special awareness.</p>	<p>4. Sit your baby down. Sing songs and clap. As you do gently take their hands in yours and help them clap with you. Singing and clapping can teach babies rhythm.</p>	<p>5. Read a book to your baby. Point to different pictures and say the names or make the sounds they do.</p> 	<p>6. Practice tummy time with your child. Put interesting or favorite objects around and encourage them to try and reach for them.</p>	
	15 Mins	No Time Allowed	30 Mins	No Time Allowed	No Time Allowed	15 Mins	
<p>7. Next time your little one is having a meltdown or resisting a nap, sing him a lullaby in a soothing voice. Don't remember any of the classics? No problem—you can find song lyrics online or just make up your own.</p>	<p>8. Show your baby her reflection in the mirror, and then ask, "Who is that?" Repeat with your own reflection and a sibling's or a stuffed animal's.</p>	<p>9. Blow one bubble within the baby's line of sight so that they can track it till it floats away or bursts. Then try grabbing one and the baby soon extends their hands to try it out. Bubbles lip art</p>	<p>10. Place the baby on their tummy and place a stringed toy in their field of vision. Move it around a couple of times until your little one starts attempting to grab the toy.</p>	<p>11. See how many actions your child can imitate in a row by tapping the table, opening and closing your hands, clapping, and waving. Tip: Start with something your baby is already doing, like banging a fist on the table.</p>	<p>12. Fill the basket or pan with the paper tube rings, and place it in front of your baby while she's in tummy time, propped on a pillow, or sitting on your lap with hands free to play. Encourage her to push and bump her hands up against the rings or use the wall of the container to help her grasp.</p>	<p>13. Sit on the bed with your legs stretched while the baby lies on them with their feet towards you. Hold the hands of the baby gently pull their torso towards you at full 90o. Hold them here for few seconds before putting them on their back again.</p>	
No Time Allowed	15 Mins	No Time Allowed	15 Mins	No Time Allowed	15 Mins	15 Mins	
<p>14. Take your baby out to see the world -- on walks, errands, for lunch with a friend. Get out and do things with your baby by your side (or in your arms).</p>	<p>15. Smile at your baby Make eye contact. Look right into your baby's eyes when you feed her, change her diaper, and give her a bath. She'll be looking right back. It's a great way to connect and build trust.</p>	<p>16. Sing songs with real or made-up words that rhyme, like "thump, thump, thump, bump, bump, bump, jump, jump, and jump." You might feel a little silly, but all that rhyming is another way to boost your baby's language development.</p>	<p>17. Show baby a bell and then gently ring it so he/she can hear. Wait until they focus on the bell then slowly ring it behind your back and other places. Ask where is it?</p> 	<p>18. Touch your baby. Give her kisses, hugs, snuggles. Massage her. Do baby yoga together.</p>	<p>19. Make a texture book for your baby by cutting squares of different kinds of fabric and glue them to an index card. Punch a hole in a corner of each card and tie together. Then hold baby hand gently to feel the texture.</p>	<p>20. Provide toys that make different sounds, including musical toys that make noise when touched. Your baby will learn that hitting the toy will make a pleasant noise.</p>	
No Time Allowed	15 Mins	No Time Allowed	30 Mins	No Time Allowed	1 Hr	30 Mins	
<p>21. Give your baby a rattle or other toy that makes sound. Sing a song to them and encourage them to shake it. Help show them.</p> 	<p>22. Give your baby a crayon and paper. Let them make marks on it. Describe what they did and the colors you see. Celebrate their work.</p>	<p>23. Visit the library and check out your favorite books to take home and read together.</p>	<p>24. Roll a soft ball to your baby. Encourage them to roll it back and celebrate their accomplishment when they do.</p>	<p>25. Before bedtime give baby a gentle massage with lotion. Say the names of the body parts you are touching and what they are for. EX: touching, seeing, etc.</p>	<p>26. Get a small blanket or pillow. Play peek-a-boo with your baby. Pop your face out on different sides and places to keep them looking around and say "Peek-a-boo".</p>	<p>27. Use a box. Cut and paste colorful pictures from magazines or pictures of family and friends. Cover it with clear duct tape or contact paper. Describe what they are seeing as they look at it.</p>	
No Time Allowed	15 Mins	No Time Allowed	15 Mins	No Time Allowed	No Time Allowed	1 HR	
<p>28. Sit with your baby in your lap outside. Describe the sounds they are hearing like the wind, rain, cars. Talk about what they see like birds, trees, and people.</p>	<p>29. Lay your baby down on their back or sit in your lap. Sing songs they like. Gently hold their hands and arms with yours and practice some fun hand motions to go with the song.</p>	<p>30. As you get baby dressed describe what you are doing. "Let's put your leg in one pant leg and now another." "Push your arm through your shirt." This will help with identifying body parts as well as dressing themselves later.</p>	<p>31. During bath time bring a couple cups or bowls. Show your baby how to scoop water and pour it out like a waterfall. Encourage them to try.</p> 				
15 Mins	15 Mins	15 Mins	15 Mins				

