


# NOVEMBER 2025

## EHS 0-12 MONTHS

### FAMILY ENGAGEMENT AT HOME PROJECT

**Child's**  
**Name:** \_\_\_\_\_  
**Place:** \_\_\_\_\_  
**Class #:** \_\_\_\_\_  
**Teacher's signature:** \_\_\_\_\_



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1. Allow the child to feel different food textures as they prepare meals  No Time Allowed	
2. Cut a few fish shapes from clean kitchen sponges and slide them into a resealable plastic bag filled with water. Seal the bag and cover the edge with tape to make sure it stays closed. Let your baby squeeze the fish and stroke the bag while sitting in your high chair or on the floor with you.	3. Hold your baby in front of you so you can see his or her face clearly. Stick out your tongue and be amazed at how he will imitate you.	4. Place your baby on his or her right side. Prop up a pillow behind it if necessary to maintain this position. Lie down next to him or offer him a toy, a small ring to hold.	5. Cut out leaf shapes, poke a hole in each one, and hang them with thread from a hanger. While your baby is on his or her back, swing the "mobile" gently to make the leaves flutter. (Put the phone out of the baby's reach when you're done.) Activities like this enrich the ability to track objects.	6. Help your baby find his or her hands/feet by placing brightly colored mittens or socks. Sew large bells.	7. When the baby is lying on their back, grab their feet/legs and pedal in a bicycle motion. Sing/talk to your baby while doing the activity.	8. Make your own mobile using string and cut out bright shapes (always supervise this activity) Keep baby within reach of dangling toys and encourage them to reach out and hit the shapes. Take a photo and share it.	
30min	20 Mins	20 Mins	1hr	30 Mins	20 Mins	1 HR	
9. Put toys on top of a couch. Encourage the baby to stand up and reach for the toys.	10. In a dark or dark room, turn on a flashlight and encourage the child to follow the light. Skills: visual fixation and attention.	11. Offer your child some small, easy-to-grasp blocks and show them how they can drop them into a bucket, plastic cup, or bowl. The combination of the block and cup shows an early understanding of how things go together.	12. While the child is in the high chair or sitting on the floor, show them their favorite rattles or a small toy. Then cover it with a washcloth. Wait a moment to see if they can uncover the toy. If they don't, show them where to find it.	13 Present the toys on both sides and encourage him to stretch out his left hand to grasp a toy on his right side and vice versa. Skills: fine motor skills, grip.	14. Put toys on top of a couch. Encourage the baby to stand up and reach for the toys. 	15. Make a texture book for your grandchild by cutting squares out of different types of fabric with serrated scissors and gluing each one to a token. Punch a hole in the corner of each card and tie it with thread.	
20min	20 Mins	20min	20min	20 Mins	20 Mins	1hour	
16. Place toys in a safe place and encourage your baby to crawl and reach for toys. Name the toys and take a photo as you reach for each toy.	17. Take a nature walk in the park, on the playground, on the beach anywhere there is plenty to see, hear and feel.	18. Find a straw Drink from a cup with a straw. This will promote a more mature oral motor pattern than sippy cups. You can start with a box of juice or water.	19. Rolling the ball, roll a ball with the child. Let them try to roll the ball and feel the texture	20. Place your baby on his or her right side. Prop up a pillow behind it if necessary to maintain this position. Lie down next to him or offer him a toy, a small ring to hold.	21. Place individual puffs or cheerios on the high chair tray and encourage him to use his fingers and thumb to secure the puffs or cheerios. Skills: Fine motor skills, refinement. Reach and grip.	22. Encourage crawling and sitting. Use blocks to stack and knock down	
20 Mins	20min	20 Mins	20min	20min	20 Mins	20min	
23. Make a book with pictures of your family, pets, or your child's favorite toys. Read the book with your baby and a name each.	24. Present the toys on both sides and encourage him to stretch out his left hand to grasp a toy on his right side and vice versa. Skills: fine motor skills, grip. <b>VACATION WEEK</b>	25. At bedtime or naptime, slowly move a flashlight beam across the wall or ceiling of your grandchild's room. See if he can follow it with his eyes. As it grows, it will get better at tracking lightning in motion, this skill is called "visual tracking". <b>VACATION WEEK</b>	26. Throughout your daily activities, call your child by name. See if he turns his face. Congratulate him every time he looks at you.  <b>VACATION WEEK</b>	27 . Allow the child to feel different food textures as they prepare meals  <b>THANKSGIVING DAY</b>	28. When you hear your baby cooing, babbling, or gurgling, record their sounds. Text it to the teacher and observe your child's expressions.  <b>VACATION WEEK</b>	29. While doing household chores. Place/swaddle your baby and talk to him about what you are doing. Let them listen to your voice to build vocabulary.	
1 HR	20 Mins	20min	20 Mins	20 min	20 min	20min	

30. Allow your child to Create art using non-toxic paint

30min