

OCTOBER 2025

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
			1. Make a diary. Keep track of things like baby's movement milestones, how often he eats, and the number of ounces he eats per day. Take pictures of your baby and post on LG.	2. Read to your baby using different tones of voice. Take pictures of your baby's reaction when you change your voice. Take picture and post on LG.	3. While baby is lying on her back, pretend baby is riding a bike by gently grasping her ankles, keeping legs apart and moving them in slow circles. Tell baby by using simple language: "go" and "stop." Take a picture and post on LG.	4. Put up a child-safe activity mirror on a side of baby's crib where she can see it. Say a rhyme: "Mirror, mirror on the wall, Who's the coolest baby of all? (Baby's name)!" Take a picture.	
			20 Mins	15 Min	15 Mins	15 Mins	
5. Make different faces to your baby happy, sad, mad observe how the baby reacts when you change your face. Take pictures and post on LG. you can also make a book by printing pictures in black and white and showing them to the child with different emotions.	6. When changing baby's diaper. Talk to child about what you are doing. "We have a clean diaper for you." "I am going to lift up your legs now." Setting the foundation for her language. Create a changing diaper chart to keep track of how many times you change.	7. Put your baby on a stroller. If possible walk around the neighborhood, supermarket, mall, etc. and talk about what you both see and hear. Take pictures and post on LG.	8. 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. You can cut pictures from magazine or print a black and white picture and show child pictures. Take picture and post on LG.	9. With the child lying on their back or sitting, hold a rattle Wave or gently shake the rattle and to encourage child to look, grab and reach. Take pictures and post on LG.	10. Play on floor with baby while child stays on tummy. Place toys in front of child and sing songs. Baby loves your face and voice! Help baby by making Tummy Time fun. Take picture and post on LG.	11. Take pictures of your baby and print on black and white show your child the pictures of them or of family members and talk to them. Exposing them to language and visuals. Take pictures and post on LG.	
30 Mins	20 Mins	20 Mins	20 mins	20 Mins	15 Mins	30 Mins	
12. Read a book to your child	13. Put up a child-safe activity mirror on a side of baby's crib where she can see it. Say a rhyme: "Mirror, mirror on the wall, Who's the coolest baby of all? (Baby's name)!" Take a picture	14. With the child lying on his back, hold a soft ball or rattle within reach. Wave or gently shake the ball to encourage child to look, grab and reach.	15. Sing to your baby a song then plays a song on radio, cell phone etc. This will help your baby discriminate between your voice and someone else's voice. Take picture and post on LG.	16. Tummy time, while on tummy time your child is being exposed to sensory input, place a toy in front of child see if they look at it. Take pictures and post on LG.	17. Lay your child on her tummy. If possible have a mirror near. Encourage child to lift her head to look into the mirror and hold her head up while lying on her tummy.	18. Play on floor with baby while he stays on his tummy. Place toys in front of him and sing songs. Baby loves your face and voice! Helps baby by making Tummy Time fun.	
No Time Allowed	15 Mins	15 Mins	15 Mins	15 Mins	15 Mins	15 Mins	
19. Take some pots and pants and use them as instruments to play sounds for your child. If possible encourage child to grab spoon and bang the pot. Take pictures and post on LG	20. Take some of your babies' toys and encourage child to grab them and use them for playing. Take pictures of child grabbing toy and post on LG.	21. Take your baby on a small walk pick up a lead and show to your child encourage child to hold it if possible and take pictures and post on LG.	22. Make or play animal noises and if possible encourage child to make some sounds. If child cannot make noise look and their facial expressions. Take pictures and post on LG.	23. While dressing baby, touch body in different places. Smile and say the name of each body part. Then say "beep" or make another sound after each new body part you touch.	24. Play on floor with baby while on tummy. Place toys in front of him and sing songs. Baby loves your face and voice! Helps baby by making Tummy Time fun. Take a picture and share on LG.	25. Make a diary. Keep track of things like baby's movement milestones, how often he eats, and the number of ounces child eats per day. Take pictures of your baby and post on LG.	
15 Mins	15 Mins	30 Mins	15 Mins	No Time Allowed	15 Mins	15 Mins	
26. Take a child ball show the ball to child and say ball, roll it slowly to child, if possible encourage child to push it to you. Take pictures and post on LG.	27. Have a radio available. Play classical music to your baby. Dance with your baby. 	28. Make a diary. Keep track of things like baby's movement milestones, how often he eats, and the number of ounces he eats per day. Take pictures of your baby.	29. While dressing baby, touch body in different places. Smile and say the name of each body part. Then say "beep" or make another sound after each new body part you touch.	30. Sit on the floor with your legs outstretched. Place a toy on or between your feet and place your baby on her tummy on your legs facing the toy. Gently move your legs, rocking baby from side to side or bouncing both legs together.	31. Read a book to your child if possible provide a marker and paper. Hold the child's hands and scribble of paper take pictures and post on LG.		
15 Mins	No Time Allowed	15 Mins	No Time Allowed	No Time Allowed	15 Mins		