

# DECEMBER 2025

## EARLY HEAD START 0-12 MONTHS

### FAMILY ENGAGEMENT HOME PROJECT

Childs

Name: \_\_\_\_\_

Site: \_\_\_\_\_

Class #: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_



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LOS ANGELES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
	1. 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.	2. 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.	3. 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.	4. 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. Record and send to teacher	5. 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.	6. 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.	
	15min	15min	30min	15min	15 Mins	15 Mins	
7.Allow Child to sit up if able and roll a ball back and forth with child	8. 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.	9. Read a book to your baby. Hold the book in front of her face and point to the pictures as you label them. 	10. Fill in a bowl with different textures. Allow Sensory play	11. Try different techniques to comfort your baby, such as holding, stroking, talking, and swaddling. Sing a song, use hands to guide baby to do movements of song	12. 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.	13. 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.	
30min	30 Mins	15min	30min	15min	30 Mins	15 Mins	
14. Water Play While Supervised allow child to splash water then Create bubbles with child.	15. 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.	16. Finger paint with baby. Allow child to explore the sensory of painting with their fingers on paper. Monitor at all times	17. Nursery Rhymes, take a moment to sit and sing with your child. Encourage hand movements as you sing	18. Water play. Give child Different contains to attempt to scoop water and dump it.  <b>WINTER BREAK BEGINS</b>	19. 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. <b>WINTER BREAK</b>	20. 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. <b>WINTER BREAK</b>	
30min	15 Mins	30min	15min	30min	30 Mins	15 Mins	
21. Play Peek a boo with child. Using hands to encourage to child participate <b>WINTER BREAK</b>	22. 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. <b>WINTER BREAK</b>	23. Start using hand movements along with associated words to teach baby to communicate with gestures. <b>WINTER BREAK</b>	24. Enjoy the outdoors. Read a book to your baby. Encourage your child to point to the picture. <b>WINTER BREAK</b>	25. 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. <b>WINTER BREAK</b>	26. 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. <b>WINTER BREAK</b>	27. 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. <b>WINTER BREAK</b>	
15min	15 Mins	15min	15min	15 Mins	30 Mins	15min	
28. 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. <b>WINTER BREAK</b>	29. Respond to baby's sounds and encourage two-way communication. Record and send to teacher 	30. 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. <b>WINTER BREAK</b>	31. During meal time, talk about the different textures of solid foods. Encourage your baby to start using his fingers and grabbing the food. Introduce utensil if older infant <b>WINTER BREAK</b>				
30 Mins	15min	30 Mins	30min				