# APRIL 2026

## 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. Lay baby on their back and hold their hands. Gently row them back and forth. As you do sing "Row, Row, Row, Your Boat" to encourage their participation. Hold their feet and move them in a circular motion like riding a bike. | 2. Print out pictures from the internet. Make sure the pictures have black and white colors or bright colors. Glue the photos on a piece of carton. Place each photo in front of your child's face and encourage to follow with their | 3. TUMMY TIME. Place baby on the floor on a blanket. Have a mirror in front of him point to his face and name his facial parts. Ex: eyes, nose, etc. | 4. Play a game with the baby such as blowing air on her stomach. If she indicates pleasure by smiling or moving, Continue with the game. Sing a song or say her name while you blow air on her stomach. | |
| | | | 20 Mins | 1 HR | 20 Mins | 20 Mins | |
| 5. Wiggle a small toy or puppet in front of your baby, then stop the movement. See if your baby will reach out for the toy/puppet or use some sort of body motion or sound. Praise your baby when she indicates any movement. | 6. Find a baby safe hand mirror or use a wall mirror. Let baby see their reflection and ask questions like "Who is that?" "What do you see?" | 7. Picking items around the house. Give baby a small basket and have him/her pick small items and have him place them in the basket. Model for baby first. | 8. Tape easy-to-grasp toys on the wall. Have baby sit within reach of the wall. Encourage him/her to reach and pull them off. | 9. Encourage your baby to crawl around inside house. Roll a soft ball across the room. Tell baby they should go for the "ball" and use the words, "Ready, set, go." | 10. Collect an old meal container, seal the top with paper and tape. Then cut a line in the middle wide enough to fit cards from a deck. Your baby will enjoy inserting cards inside the container. | 11. Place some paint in a zip lock bag, remove as much air as possible and seal. Tape the bag to a table or to the floor. Use your finger to show you baby how they can draw on the bag. Talk about the shapes, colors, and designs that you and baby make | |
| 20 Mins | 20 Mins | 20 Mins | 30 Mins | 30 Mins | 30 Mins | 30 Mins | |
| 12. Grind cheerios or other cereal into "sand" by placing in a bag and rolling a can or rolling pin on it. Find baby safe toys or containers and allow child to play in the "sand," filling and dumping. | 13. 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. | 14. Sensory Bottle Creation - Fill a sealed bottle with water, glitter, or soft items | 15. Texture Collage Board - Glue soft fabric, cotton, or felt on cardboard. | 16. Baby Art Stamping - Use washable paint with baby hand or sponge. | 17. Water Sensory Play - Let baby touch water under supervision | 18. Baby Handprint or Footprint Art - Use non-toxic baby-safe paint for keepsake art. | |
| 1 HR | 1 HR | 30 Mins | 1 HR | 30 Mins | 30 Mins | 30 Mins | |
| 19.Family Memory Picture Card - Glue family photos or magazine pictures while talking to baby. | 20.My Baby Growth Keepsake Page - Decorate a page with baby information or photo. | **21.Spring Nature Walk** Take baby outside in a stroller. Talk about flowers, birds, and weather. | 22. Peek-a-Boo Play Session - Use hands, cloth, or blanket for peek-a-boo. | 23.Take baby on a stroller ride outside during spring weather. Collect a few safe items such as small fallen flower petals. Help create a simple spring collage by gluing the collected items onto paper or a poster board. | 24.Music and Movement Hour - Play soft music and move baby's arms and legs gently. | 25. Baby Massage - Gently massage arms, legs, or back using baby-safe lotion. | |
| 30 Mins | 1 HR | 30 Mins | 30 Mins | 1 HR | 1 HR | 15 Mins | |
| **26.Color Dot Art** Gently help baby touch a cotton swab or sponge with washable paint to make dots on paper. | 27. Rolling Ball Tracking Game Slowly roll a soft ball for baby to watch and reach for it. | **28. Tummy Time on a Blanket Outdoors** Place baby on a clean blanket on grass. Provide safe toys and talk to baby. | **29. Baby Footprint Flower Garden** Use baby's footprint to make flower shapes on paper. Parent can draw a simple stem and leaf after printing the foot. | **30. Bubble Watching Play** Blow bubbles slowly for baby to watch and reach toward while talking about the bubbles. | | . | |
| 15 Mins | 30 Mins | 30 Mins | 30 Mins | 30 Mins | | | |
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