# FEBRUARY 2026

## EARLY HEAD START 0-12 MONTHS

### FAMILY ENGAGEMENT HOME PROJECT

Childs Name:_____
Site: _____
Class #:_____
Teacher Signature: _____

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Total |
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| 1. Allow baby to grab and explore items within reach by giving them space to explore the environment. Always make sure it is safe for the baby. | 2. Have baby explore a bin with sensory objects for baby to touch and explore. Observe baby's facial expressions and ask her questions about these objects. | 3. Point to the different parts of your face and name them for baby. Point to your nose and say "mommy's nose." Continue to do this with other facial features and see how baby reacts. | 4. Carry your child around your home and talk about what you see. Then draw a picture of what he sees the most. | 5. Rub lotion on their arms and legs, and massage. Talk or sing to them while rubbing in the lotion. Label their body parts as you massage. | 6. Encourage your child to grasp a rattle or another toy. Once mastered hold it a bit out of their reach and see if they will move to grasp. Take a picture of this moment. | 7. Move a toy out of sight, make a noise with it, and then return it. Seeing a toy disappear and immediately return helps your baby begin learning that things are still there when they are out of sight. | |
| 15 Min. | 30 Mins | 30 Mins | 10 Mins | 30 Mins | 20 Mins | 15 Mins | |
| 8. Look at a book facing your child. Point at pictures and say single words and make sounds where possible. Your child can look at the pictures and at your face to see the words. | 9. Cover your face with a cloth or blanket and hide. Say "Where did I go?" Uncover and say either "Boo!" or "Here I am!" | 10. Clap feet or hands together and sing rhymes! Hold your child and look into a mirror together. Talk, make faces, name body parts, make sounds, enjoy! | 11. Crumple some aluminum foil into a ball. Hold your child on your lap in front of a table. Roll the ball in front of them to watch and encourage him to "catch it." | 12. when your baby reaches for an object use your smile and voice to tell him he did something special. Your baby learns that you will give him your biggest smile each time he reaches for objects. | 13. Call your baby's name from a distance so they can practice locating your voice. This helps them learn how to locate the source of sound. | 14. Place child on tummy on a beach ball or exercise ball, encourage tummy time play with the ball straddled between your legs on floor. Good eye contact! | |
| 10 Mins | 10 Mins | 15 Mins | 15 Mins | 15 Mins | 15 Mins | 10 Mins | |
| 15. Massage feet and hands and count each toe/finger. Clap feet or hands together and sing rhymes. Trace their hand and show them and count one finger at a time. | 16. Hold your child and look into a mirror together. Talk, make faces, name body parts, make sounds, enjoy! Draw a mirror shape then inside draw a happy face. | 17. Hold a toy or medium sized ball above their arms or legs. Help or encourage them to lift legs to kick the toy or lift arms to grab the toy. | 18. Position your child on their back or in sitting position and help them touch soft things (i.e.: soft animals, washcloth, blanket etc.) with various body parts. | 19. Make repetitive sounds, words or noises and wait for your child's reaction then repeat. Examples: A car goes "Brrrm!" a sheep goes "ba ba ba" | 20. Describe your baby's experiences as they touch and taste things. Your baby may connect your words to what their senses are telling them. | 21. Make sounds like "ba-ba" or "da-da" and see if he will copy. Sing these sounds to the tune of "Row, row, row your boat". | |
| 15 Mins | 15 Mins | 10 Mins | 10 Mins | 15 Mins | 15 Mins | 10 Mins | |
| 22. Name a picture and then turn it away from your baby so they can try to find it. Using language to help your baby locate an item out of sight helps him remember the names of objects. | 23. Help your child to grab different objects and allow them to explore each. Say "Look at the ___. Get it!" And when they do exclaim "Yeah!" you did it! | 24. Create 5 balls with wax paper or newspaper and wrap them with masking tape. Place them on a shoebox then give them another empty shoebox and see if he/she can move them one by one into the empty box. | 25. Give your child a crayon and paper and talk about any marks he makes. Playing with crayons and paper introduces your baby to using tools for drawing and writing. | 26. Cut a long piece of tape and place it on the wall. Then give your baby several color pompoms, to stick. They will love sticking them and removing them. | 27. Read the story of the Very Hungry Caterpillar. Then point to all the fruits that the caterpillar ate as you repeat the names of the fruits. | 28. Assist your baby to stack 5 plastic cups creating a tower, then knock them down and see if he can do it again. | |
| 15 Mins | 30 Mins | 1 HR | 15 Mins | 30 Mins | 15 Mins | 15 Mins | |
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