

# JANUARY 2026

## EARLY HEAD START 0-12 MONTHS FAMILY ENGAGEMENT HOME PROJECT

**Childs**  
**Name:** \_\_\_\_\_  
**Site:** \_\_\_\_\_  
**Class #:** \_\_\_\_\_  
**Teacher Signature:** \_\_\_\_\_



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
				1.  Happy New Year!	2. 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.	3. Playing a game of Peek-a-boo with a cloth play the game with your baby saying peek-a-boo.	
				No Time allowed.	15 Mins	15 Mins	
4. When you hear your baby cooing, babbling or gurgling video tape their sounds. Share the video with the teacher and show your child itself. See your child's expressions.	5. Lay your baby on his back and talk to the baby have the baby look around to find your voice.	6. Reach for it have your baby reach out to objects in front of you the baby will explore the object have the baby explore different objects.	7. Rolling over have your baby practice rolling over by using a toy to help him roll over by trying to reach for the toy.	8. Read an animal book to your baby, as you read the book make the sounds of the different animals. Find images of animals in magazines or the internet to make an animal collage.	9. Demonstrate and show your baby left from right. Give your baby toys in their right and left hands so they can practice holding with both arms.	10. Showing Feelings, smile and laugh as you raise your baby say up and down expressing your happiness encourages your baby to join in the emotion.	
30 Mins	15 Mins	15 Mins	15 Mins	1 HR	15 Mins	15 Mins	
11. Turn and find, using different objects place them in the back so your baby can look for the toys this encourages her to find the toy and remember where the toy was placed.	12. Ride a Horsie, prop your baby in front of you and make different actions and sounds this will help your baby match the words to certain actions.	13. Sing a song that involves body movements and name body parts as you model for child.	14. Roll to Me: Roll a large bouncy ball back and forth between you and your baby.	15. Let baby touch fabric with different textures such as wool and velvet. Use different word to describe each one to him: soft rough. Smooth.	16. Create a sensory necklace for your baby to feel. Watch the baby expressions.	17. Encourage baby to crawl around the house. Roll a soft ball across the room. Encourage baby to go for the ball and use the words, Ready, set, go!	
15 Mins	15 mins	15 Mins	15 Mins	15 Mins	30 Mins	15 Mins	
18. Be like a Baby: Does baby bang blocks together or clap their hands? It's your turn to copy them! When baby does an action, repeat it.	19. Give baby teething rings that have different textures. Give baby a new sensory experience.	20. Read books with your baby. Keep it short and interactive to hold his/her interest.	21. Read to your baby nursery rhymes so that they can repeat words such as "Hey diddle diddle" and other rhymes.	22. Sitting, Turning and Reaching have your baby listen to different positional words using an object up, down, under, over.	23. Disappearing Cheerio: Create your own version of the old-fashioned shell game by hiding a Cheerio under a cup and seeing if your baby can find it.	24. Sticky board: Place a board on a wall at baby's eye level and provide them with several toys, letters or numbers. They will love how the toys stick or fall from the board.	
15 Mins	15 Mins	15 Mins	15 Mins	15 Mins	15 Mins	30 Mins	
25. Pour several colors of paint in several small plastic plates, then let your baby dip a sponge in the paint and have a piece of paper/ carton to paint on.	26. Making Da Da sounds imitates sounds your baby makes especially sounds that are ma, ma, da, da. This will help them words like mama dada	27. Play a variety of music. Encourage baby to use kitchen tools, fabric, etc. and use them as instruments to create music.	28. Prop your baby in a seated position. Sing to them to some songs. As your folding laundry, cooking, etc.	29. Prop your baby in a seated position to play a game of holding and releasing various objects. This will help with fine motor skills.	30. Allow your baby to explore your face This helps babies connect the word she hears with the part of the face she feels	31. Prop your baby up she can sit in an upright position. This will allow the baby to explore with her eyes and hands	
30 Mins	15 Mins	15 Mins	30 Mins	15 Mins	15 Mins	30 Mins	