

MARCH 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. Create a Texture Ball. Sew different fabrics onto a soft ball. Roll the balls on the floor and motivate baby to crawl to it.	2. Get baby to move by dangling a toy for he/she to look up at. Baby should lift their head a bit while doing Tummy Time.	3. Babies love faces. Go through pictures of family and friends or a magazine. Point out the smiling faces for baby. You can also draw a smiley face on a paper plate and hang it in baby's room.	4. Create High-Contrast Visual Cards Use thick cardstock Draw bold black-and-white patterns (stripes, dots, simple faces). Laminate or cover with clear contact paper. Use during tummy time or diaper changes.	5. Create a Peek-a-Boo Box. Cut a hole in a tissue box. Add soft scarves Baby pulls fabric out.	6. While baby is awake, alert, and calm, place a soft, cushy toy with a face within their reach. The face will interest them, and the way it feels will develop their sense of touch. Move the toy to encourage reaching.	7. Practice tummy time. Place a mirror in front of baby and point out their nose, eyes, mouth. This will help them become aware of their body parts.	
1hr	15 Mins	15 Mins	1 hr	30 min	20 Mins	15 Mins	
8. If your baby has good head control, lay him on his back, place your hands under his arms, and gently guide him into a sit-up position by holding his hands and slowly bringing him to sit. This helps motor skills and head control.	9. Sing a song like "Wheels on the Bus" or "Itsy Bitsy Spider." Use hand motions to get a reaction out of bab y.	10. Place a puppet on your hand. Move puppet up and down, while saying baby's name. See if baby can follow the movement. Then move the puppet in a circle. As soon as baby is able to follow the movement, try different movements.	11. Create Texture Squares Cut 5x5 inch fabric pieces (fleece, cotton, satin, corduroy) Sew edges securely. Have baby explore the different textures. Parent can identify the different textures.	12. Play with baby's favorite toy in front of him while lying on their tummy to get him/her interested in looking up.	13. Create Family Photo Cards. Print clear photos of parents/siblings. Glue onto thick cardstock. Laminate for safety Babies learn faces first.	14. DIY Board Book. Print animal pictures. Glue onto thick cardstock. Laminate or cover. Tell a story about animals to the baby.	
15 minutes	15 Mins	20 Mins	30 min	15 Mins	30 min	30 min	
15. Create a Drop-in Container. Use plastic container with hole in lid. Provide large blocks or balls. Have baby drop objects in container.	16. Grab a stuffed animal and talk to it. Touch its face. Name body parts (nose, ears) as you touch. Let baby feel the stuffed animal's face and yours. Name what baby touch. Then help him touch their own ears, mouth etc., while you name each part.	17. Create Simple Face Cards. Draw simple black-and-white faces with large eyes. Include different expressions (happy, surprised). Laminate for durability. Show them to your baby.	18. Give your baby a gentle massage with lotion or oil. As you do this, softly sing and talk to your baby to help them relax. This will help their growing muscles rest.	19. Let baby touch fabric with different textures such as wool and velvet. Use a different word to describe each one to him: "soft", "rough", "smooth". Baby won't understand the meaning but this is an excellent way to expose baby to new words.	20. Baby may be rocking back and forth on tummy or rolling on the floor as he gains better control over his movement. Encourage baby to continue rolling by holding a toy out for them to reach for, during tummy time.	21. Sensory play with rice: You will need a tray, and blocks or small toys. Place your baby on tummy time or sitting, then introduce the child to the tray with rice on it. Then hide some of his/her toys or blocks in the rice so baby can find them!	
30 min	15 Mins	30 min	20 min	15 Mins	20 Mins	15 Mins	
22. Peekaboo holiday lights: You will need string of holiday lights and a burp cloth. Set-up the string lights on the floor, place the burp cloth on top. Set baby on his/her tummy and see how they react to the lights. Encourage baby to touch.	23. Before bedtime give your baby a gentle massage. Sing lullabies as you do. This will help prepare them for rest time and relax their body's after a long day of movement.	24. Pick a book your child likes to read. After you read each page, stop and talk about what they are seeing as you point to the pictures. If there are things on the page that make noise, make the sound. If there are touch and feel items guide your baby's hand so they can touch the textures.	25. Create a sensory box for your baby: You will need different materials such as a large cardboard box, single socks, glitter glue, duct tape, carpet samples, bubble wrap, etc. Cut off the flaps of the cardboard box and go around the edges with duct tape.	26. Continue with the sensory box: Add glitter glue to the back wall of the box. Add the socks to the top of the box by poking holes with a screwdriver and sticking the sock through the holes with a knot on the top. Add the bubble wrap and different carpet squares to the walls and bottom of the box. Secure box on the floor and place baby in the box to explore.	27. Jell-O Tummy Time: you will need unflavored Jell-O and a container. If baby isn't yet reaching in Tummy Time, prop him over a nursing pillow or folded blankets/towels. Just be sure to cover any surfaces that you don't want to risk getting stained. Place baby in front of the container and	28. Make shakers: use lentils, beans, rice, chickpeas, and plastic Easter eggs. Mix lentils, rice, beans, and chickpeas in the Easter eggs. You can use clear tape to keep the eggs in-tact. Baby will enjoy the sounds and use his/her fine motor skills to grab them	
20 Mins	30 Mins	30 Mins	30 Mins	1 HR	20 Mins	30 Mins	
29. Sensory play with wet cotton balls: grab a tray, cotton balls, and water. Set out a few cotton balls and put them in a shallow tray with water. Place your child in front of the tray and show him the balls floating in the water. Help him/her grab the balls and squeeze the water out.	30. Create a simple Music Basket. Include: Sealed shaker, Soft drum (plastic bowl + spoon), Metal spoon & pot (supervised).	31. Read a story to your child before going to bed. Hold your baby to support bonding. Ask open-ended questions and provide the answer for child to start a conversation.					
30 Mins	30 min	20 Mins					

