AUGUST 2026

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. Crumple a large sheet of paper into a ball and show baby how to uncrumple it	
						20 Min	
2. Cut out shapes of small animals or characters from felt. Use fabric glue or stitch them into small pockets that can fit over your fingers.	3. Place a baby safe mirror near them. Babies love looking at faces and movement.	4. Have baby practice grasp and release by holding onto a stacking ring or soft block.	5. Building trust to communicate love through calm, warm body contact, and soothing words.	6. By singing as you care for your baby, you help them learn to love music and feel comforted by soothing rhythm and motion.	7. Let baby look at your face while you talk or sing. Babies love faces!	8. Hold your baby or place them where they can hold their head up and look at interesting things. This helps your baby learn to use his eyes and control their body.	
20 Min	20 Min	20 Min	20 Min	20 Min	20 Min	20 Min	
9. Put toys on a sofa or sturdy table so that your baby can practice standing while playing with the toys	10. Massage baby gently. Massages can be relaxing and helps with bonding and body awareness.	11. Smile, hold your baby close so he can see your face and lips, and speak to him in a gentle voice.	12. Offer toys that your baby can close her hand around. This encourages her to use her hands to grasp and release objects.	13. Name the part of your face your baby touches the moment she touches it. Allowing your baby to explore your face helps them begin to connect the word she hears with the part of the face she feels.	14. Start using baby's name frequently-they're beginning to learn the rhythm of language.	15. Place your baby on their tummy a few times a day to help build neck and upper body strength.	
20 Min	20 Min	20 Min	20 Min	20 Min	20 Min	20 Min	
16. Gently guide baby to pass a toy from one hand to the other.	17. Use a pillow to prop up your baby so they can look around independently.	18. Practice walking skills by encouraging your baby to hold on to you and take a few steps. Repeat throughout the day.	19. With your baby facing you, talk to her from behind a cloth, and then peek out. Overtime, your baby will learn that you are still there even when she cannot see you.	20. Place toys just out of reach while baby is sitting or standing, and encourage them to stretch, lean, or crawl to grab the toy.	21. Calling your baby's name from a distance so he can practice locating your voice. This helps him to learn how to locate the source of a sound.	22. Imitate sounds that your baby makes, especially repeated sounds like da-da or ma-ma. These sounds will help with first words when they are ready to start talking.	
20 Min	20 Min	20 Min	20 Min	20 Min	20 Min	20 Min	
23. Use cups or containers for putting objects in and taking them out. Name each object to baby and describe what he is doing. 30. Use jumbo crayons or washable markers for baby to scribble on paper.	24. Use baby lotion or baby safe oil and gently massage your baby's arms, legs, back, etc. Quietly talk or sing while you massage your baby. 31. Make funny faces or clap hands and see if baby imitates.	25. 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.	26. DIY Stacking Cups: Use empty yogurt containers or plastic cups to practice stacking.	27. Touch and name parts of your baby's face as she looks in the mirror. Your baby will gradually begin to recognize herself and her body parts as you point them out to her.	28. Notice what your baby is looking at in a book and name that picture.	29. Practice pincer grasp using soft fruits, puffs, or scrambled eggs.	
20 Min	20 Min	20 Min	20 Min	20 Min	20 Min	20 Min	