

SEPTEMBER 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. Use a small ball and a plastic container or bowl. Sit the baby in front of the container/bowl. Encourage baby to drop the ball inside the container. Praise your baby.	2. Practice tummy time with your baby. Place your baby on his stomach and place a mirror in front of his face.	3. Sing a song: Head, Shoulders, Knees and Toes. Point to your baby's body parts while you sing the song	4. Decorate two different small boxes with two different colors of paper. Put both boxes in front of your baby. Pick up one box and name the color. Put the box behind your back. Encourage your baby to find the box	5. Move a toy so that your baby will try to turn his head in order to keep the toy in sight. 	
		20 Mins	20 Mins	20 Mins	20 Mins	20 Mins	
6. Offer toys that your baby can close her hands around. If she drops it encourages her to grab it again.	7. Reading Pictures and Books, notice what your baby is looking at in a book and name the picture.	8. Making Da-Da-Da Sounds Imitate sounds that your baby makes, especially repeated sounds like da-da-da or ma-ma	9. Use an empty oatmeal container. Cut out pictures from magazines and glue them onto the container. Ex: animals, toys, cars, etc. Encourage baby to roll the container and you named the pictures.	10. Hiding and finding invite your baby to look for an object that she watches you hide. Once baby finds it name the object.	11. Peek-a-boo Mirror encourages your baby to remove a cloth from a mirror to see what is there.	12. Dropping objects invite your baby to practice dropping things, especially things that make noise when they land. This will help the baby to control the muscles in their hand.	
20 Mins	20 Mins	20 Mins	20 Mins	20 Mins	20 Mins	20 Mins	
13. Use a small ball and a plastic container or bowl. Sit the baby in front of the container/bowl. Encourage baby to drop the ball inside the container. Praise your baby.	14. Imitating Actions do some actions that your baby can copy. This helps him use an important type of learning: imitation.	15. Stand up and move: arrange furniture so your baby can pull up to a standing position and try taking a few steps while holding on.	16. Use a pillow to prop up your baby so she can look around independently. Put a toy and see what baby does.	17. Puzzle Play: You can invent the first puzzle for your baby, letting him put items in a muffin pan.	18. Hi and Bye-bye to your baby, the same way you greet others. Using a standard greeting with your baby helps her learn to wave and say Hi and Bye-bye, too.	19. Smile, hold your baby close to he can see your face and lips. Speak to him in a gentle voice.	
20 Mins	20 Mins	20 Mins	20 Mins	20 Mins	20 Mins	20 Mins	
20. Cut out pictures from magazines. Glue them on construction paper. Make a book and show the pictures to your baby. Describe the pictures. .	21. Providing Two Ways: Use a box with two holes to let your baby discover how to retrieve a toy that has gone out of reach. This will help with problem solving with more than one solution.	22. Play Peek-a-Boo with your baby. Talk to her from behind a cloth and then peek out.	23. First Crayons: 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. Your words let him know that his activity is important.	24. Use the same empty oatmeal container with the cutout pictures from magazines and encourage baby to roll the container and you named the pictures.	25. Things to taste: Describe your baby's experiences as she touches and tastes things. Your baby may connect your words to what her senses are telling her as she explores.	26. Visit the library. Pick books and read to your baby. 	
20 Mins	20 Mins	20 Mins	20 Mins	20 Mins	20 Mins	20 Mins	
27. Play soft music. Sit your baby on your lap. Take one hand and move it in a circular motion. Take her other hand and do the same. Say the word circle. Make circles up and down. Take a picture and share	28. Find a picture: Name a picture and then turn it away from your baby so he can try to find it. Using language to help your bby locate an item out of sight helps him remember the names of objects.	29. Making useful choices: Let your baby choose between two things during an everyday task, one that is useful and one that is not. Your baby will have a chance to make choices and learn from the results.	30. Visit any restaurant. Make a toy using a straw and putting several lids from the cups. Encourage baby to take off the lids from the straw. Praise baby when he's able to do it. Encourage baby to put the lids into the straw.				
20 Mins	20 Mins	20 Mins	20 Mins				