

OCTOBER 2026

PRENATAL PROGRAM

FAMILY ENGAGEMENT

HOME PROJECT

Parent's Name: _____

Site: _____ Class #: _____

Teacher's Signature: _____



TOPIC: Reading to your belly Activity 1

TOPIC: Activity 2 Create a frame for your favorite quote or poem

**WEEKLY
TOTALS**

Why this activity? Reading to your unborn child helps establish a prenatal connection and supports early language recognition. By around 16 weeks, babies can hear sounds from the outside world, and exposure to your voice can create familiarity and comfort.

What we need: book and a comfortable space

How we do it?

1. **Choose the right time:** Set aside a consistent daily reading slot to make it a relaxing habit.
2. **Create a comfortable space:** Use supportive seating, good lighting, and minimize distractions.
3. **Mindful reading:** Focus on the text to enhance relaxation and comprehension.
4. **Engage actively:** Take notes, highlight passages, or discuss what you read with a partner.
5. **Use audiobooks:** If physical discomfort makes reading difficult, listen to books or podcasts while resting.
6. **Read aloud to your baby:** From around 23–27 weeks, your baby can start responding to muffled sounds and your voice.



Studies show that infants recognize stories and vocal patterns they heard in utero, which can enhance early learning and emotional bonding.

Why this activity? When is the last time you memorized a piece of scripture, a favorite quote, or poem? Yes, it is a challenging mental exercise, but it is good for the mind and soul.

What we need: Personal selection: poem or quote

- Piece of cardboard, marker or pen, ruler, scissors, paints, colored paper, stickers, or any other decoration

How we do it?

1. Pick your favorite poem or quote that you will dedicate to your special little one (you can create your own poem or quote).
2. Click the links below for a tutorial for some ideas
3. Add your personal touch to this project! Show your creativity!!

<https://youtube.com/shorts/SUEpXrHJpIA?si=Ce92a92V7ZG-qT-K>
https://youtube.com/shorts/wIM7IIA8kDg?si=imAXul38rxhqL_ky

Tip: It will be perfect if you memorize your poem or quote. The brain memorizes things much faster when we use a catchy melody

1.5 hours.

3 hours.

**Total HRS
4.5**

Parent Name: _____ Parent Signature: _____

**** The project must reflect the time indicated on the sheet.**