



You have what it takes to be a brain builder.

Whether it's mealtime, bathtime, or anytime in between, you can turn everyday moments with your child into Brain Building Moments™.



MEALTIME

FEEDING MEMORIES

Suggested ages: 0-18 months

When feeding your child, use that time to tell them a story. You can make one up or share something that happened when you were a child. When they respond to your voice and make a sound, repeat the same sound back to them.

Brainy Background™: Your voice is your child's favorite sound. Even though they can't say words yet, they're listening and learning that sounds go together in words. This is an important foundation for language later on.

GUESS THE MEAL

Suggested ages: 3-5 years

Instead of telling your child what's for breakfast, give them clues. Instead of eggs, say, "We're having something that comes in a white shell, laid by a chicken. You can scramble them." Take turns giving each other clues for foods as they learn the game.

Brainy Background™: The challenge of a guessing game exercises your child's brain. You're giving them the joy and fun of thinking about what they know, helping them gain confidence as a problem-solver, and building their vocabulary too.



READY TO SPARK CONNECTIONS?

Use these Vroom® tips to spark connections between you and your child, from newborn to five years old. Vroom's free, science-based tips and tools help parents and caregivers give their children a great start in life.

Ready for more tips? Use the QR code below for more information and to get more bite-size activities that fit into your daily routines.



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