



## 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™.



EVERYDAY MOMENTS

### CHANGING FACES

Suggested ages: 6 months - 2.5 years

As you change your child's diaper, make a funny face. How do they respond? Make another. Invite them to copy the look on your face. Then ask them to make a silly face and you copy it. See how long you can go back and forth!

**Brainy Background™:** When you play Changing Faces, you give your child practice paying attention to details and remembering them so they can imitate your face. These are thinking skills your child will use in every area of their life.

### CHECKLIST

Suggested ages: 3-5 years

Help your child develop routines around eating times, playtime, and bedtime. Help them make a chart for what they do when they wake up: Get dressed, check. Eat breakfast, check. Even look out the window and say, "Will you need a raincoat today?" Grab jacket, check.

**Brainy Background™:** Having routines around the major times of the day helps children understand their experience and know what to expect. Predictability helps children feel safe and planning ahead is good for their brains.



### 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.



[lumeinstitute.org/vroom](https://lumeinstitute.org/vroom)  
or scan this QR code

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