



## 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™.



SHOPPING

### INS AND OUTS

Suggested ages: 18 months - 3 years

At the market, point out the ins and outs with your child. Are they IN the cart? Is a worker taking fruit OUT of the box? Did you put food IN a bag? Are you walking OUT the door? Play often enough and they will get it and find ins and outs of their own!

**Brainy Background™:** You're helping your child begin to think and talk about where objects are in relationship to one other. This helps them organize their understanding of the world. It takes time to develop but it is important for doing math in the future.

### COMPARISON SHOPPING

Suggested ages: 3-4 years

A store can be a great place to build your child's brain on the go. Give them something like a banana and an apple to hold. "Which is heavier? Which is larger? Which is softer?" You can do this with any item, in any aisle, in any store!

**Brainy Background™:** Games like these help your child to think like a scientist. They're taking in the world around them and guessing how things compare or fit together. Repeat the game a few times with different objects for them to compare. Remember, repetition is how we learn!



### 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)  
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