



## 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™.



CAR RIDES

### SONG SOUNDS

Suggested ages: 18 months - 3 years

When you're out, listen for sounds everywhere. Do you hear a car horn honking? A dog barking? The "whoosh" of a bus door? Use these to make up a sound song: "Beep, beep, beep" or "Whooshhhhhh!" Invite your child to sing the sound song taking turns, back and forth.

**Brainy Background™:** Your child's brain is wired to pay attention to what's new in their environment and how it fits with what they already know. By calling attention to details, you're inviting them to be observant and to become a critical thinker.

### LOVE CONNECTIONS

Suggested ages: 4-5 years

Take turns talking to your child about love connections. "I love you as much as a bee loves flowers." "I love you as much as ants love sugar." "I love you as much as a car loves gas." Ask them to come up with one. Keep going back and forth.

**Brainy Background™:** When your child is challenged to find connections and make comparisons, they're learning new ways to sort and categorize information. These skills are important in math, reading, and science. You're also promoting creativity and a sense of humor.



### 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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