



## 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™.



BATHTIME

### DRY DANCE

Suggested ages: 0-6 months

As you dry your child, rub their fingers and toes one at a time. Name each one as you dry them and do a little dance! When you dry a pinky, shake your hand. When you dry their toe, stamp your foot. Make up a new move for each little finger and toe!

**Brainy Background™:** Being a part of the "Dry Dance" with you helps your child become more aware of their body, not to mention your playfulness and love. A loving, caring relationship with you supports their developing brain and thinking.

### ANIMAL BATH

Suggested ages: 2.5-5 years

At bathtime, invite your child to think about how animals or birds get clean. Ask questions like, "How does a cat wash its fur?" or "How does a bird take a bath?" Encourage them to reflect on watching a cat lick its fur or a bird splashing in a puddle. Let them take the lead by asking the questions!

**Brainy Background™:** Asking your child to connect what they have seen to larger concepts (like getting clean), helps build their understanding of how the world works. It also helps them learn to ask questions about their experiences, like a scientist, and then look for the answers.



### 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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