



## 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™.



BEDTIME

### STORY SNUGGLE

Suggested ages: 0-2 years

Your child loves snuggling and hearing your voice. Get close and cuddle with them while sharing a story or song. Use a calm, quiet, and soothing voice to help them fall asleep quickly. This can become a nightly routine that lets them know it is time for bed.

**Brainy Background™:** Creating a trusting relationship, with feelings of closeness and security, sets up an environment for learning. Talk back-and-forth and share words and sounds with them in stories and songs. When you do, you help them become lifelong learners.

### FAVORITE MOMENTS

Suggested ages: 2.5-5 years

As you get your child ready for bed, think about your favorite moment of the day with them. Turn it into a dramatic story and tell them why it was your favorite. Ask them to share their favorite moment. Talk about yours versus theirs and what's the same and different.

**Brainy Background™:** When you share your experiences with your child, you're helping them learn how to understand the thoughts and feelings of others. Thinking about "what's the same" helps them learn to form categories in their thinking.



### 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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