

# Vroom Tips



Whether it's mealtime, bathtime, or anytime in between, there are so many ways to help build your child's brain. This PDF has a few brain building activities for children ages 0-1. You can print or cut them out, put them on your fridge, or carry them around—whatever helps to remind you that brain building moments are all around you in the things you already do.



## Share a Stare

As you hold your child and look into each other's eyes, make a silly face or sound. How do they respond? With twinkly eyes? A smile? A laugh? Try it again but do something different. This is the beginning of a lifetime of laughs to share together.

Ages 0-1



## Brainy Background powered by Mind in the Making

This back and forth game of sharing a laugh is anything but silly. It is an important building block in your child's ability to enjoy and communicate with other people. It also deepens your relationship with one another—and it's fun!

For more activities like these, check out the free Vroom app!

#21



## Daily Discoveries

What is your child doing? Reaching for a toy? Hitting two blocks together to make a sound? As they discover their world, pay attention, smile, and use words that they will learn someday: "You reached out your fingers and got your toy."

Ages 0-1



## Brainy Background powered by Mind in the Making

When you pay attention to what your child does and share their delight in doing and learning, you start them on the path to become a lifelong learner.

For more activities like these, check out the free Vroom app!

#22



## Skin Sensations

Talk to your child about how things feel on their skin: "Your shirt is soft." "The wind is cold." "The ice cube is slippery." See how they react and continue the conversation: "You like the warm water in your bath!"

Ages 0-1



## Brainy Background powered by Mind in the Making

When you talk back and forth with your child about how things feel on their skin, you're introducing them to new words and feelings. This helps make new connections, which are the foundation for learning to use these words themselves in the future.

For more activities like these, check out the free Vroom app!

#33



## Playtime Poems

When your child makes a sound, turn it into a rhyme. If they say “Eee,” say, “Eee rhymes with WE and we are together.” How many funny poems can you make with the sounds they’re making? It is fun for them and helps them listen to sounds.

Ages 0-1



## Brainy Background powered by Mind in the Making

Your child is a natural learner. When you watch what they’re doing and follow their lead, you can begin to build their learning by adding your ideas. When they’re responded to, their brain is active, which increases learning.

For more activities like these, check out the free Vroom app!

#35



## Sing Talk

Instead of talking as usual, try singing in a different voice. For example, it’s very funny to sing about getting dressed. Sing, “I’m sliding on my shirt, jumping in my pants,” in a low voice. You and your child can use familiar tunes and make up your own words.

Ages 0-1



## Brainy Background powered by Mind in the Making

When you’re having fun, it’s likely your child will be having fun too. When you put new words into tunes and describe what you’re doing, you’re helping them make new and unusual connections. These types of connections promote creativity.

For more activities like these, check out the free Vroom app!

#38



## Sing-Song Voice

Is your child making lots of sounds? Talk back to them by repeating their sounds or describing what they’re doing, using a sing-song voice. Do they respond by kicking their feet, waving their arms or making more sounds? Together, you’re telling your own story!

Ages 0-1



## Brainy Background powered by Mind in the Making

Children’s brains are wired to hear you talk in a sing-song voice. When you talk slowly and stretch the sounds out in a musical way, their eyes light up and their heart rates increase. Toddlers who hear sing-song voices smile more often—proof that YOU are making connections and building a brain!

For more activities like these, check out the free Vroom app!

#57



## Sharing the Story

When you're reading something yourself or with your child, let him/her explore it with all of his/her senses. Allow him/her to touch, pat, hold, and even taste (if it's clean) what you're reading. Describe his/her actions like, "You're patting the picture of the kitty cat. Meow!"

Ages 0-1



## Brainy Background powered by Mind in the Making

Children learn through touching, feeling, and putting everything into their mouths. As you talk about his/her experiences, you help your child make connections between words, pictures, and objects. You not only share the story, you share your joy in reading with him/her.

For more activities like these, check out the free Vroom app!

#82



## Space Explorer

Show your child the world from different points of view. When they're in your arms, crouch down low or gently lift them up in the air. Describe what you're doing and respond to their reactions. "You're as high as the light! Look what you can see up here!"

Ages 0-1



## Brainy Background powered by Mind in the Making

Moving your child around and talking about what you're doing helps them learn about important concepts like shape and space. Children learn these concepts through back and forth conversations, where you follow their lead and respond to their reactions.

For more activities like these, check out the free Vroom app!

#122



## Big Kids

When in the park look for the "big kids." Sit your child on your lap or move their stroller so you can watch them and talk about what you're seeing. "Those kids are playing hide and seek like you will one day!"

Ages 0-1



## Brainy Background powered by Mind in the Making

Watching and talking about "big kids" gives your child the chance to practice gathering information about other people by watching. As they get older, they will want to imitate kids on the swings or going down slides. For now, watching and talking are fun.

For more activities like these, check out the free Vroom app!

#186



## Did You Hear That?

When you're in the park, ask your child, "Did you hear that?" each time you hear a sound. Imitate the sound out loud and make gestures to go along with it. Invite them to make the sound too.

Ages 0-1



## Brainy Background powered by Mind in the Making

You're giving your child practice being able to hear differences in sounds. This is an important skill for enjoying and learning language so they can communicate well with others.

For more activities like these, check out the free Vroom app! #189



## Drop the Ball

Turn your trip to the park into a chance to Drop the Ball. Give your child a safe object to hold onto and drop, like a ball or a crumbled piece of paper. If you pick it up, they will drop it again. "Down it falls. Up it comes." Keep up the game with new objects!

Ages 0-1



## Brainy Background powered by Mind in the Making

Building your child's ability to use their hands is important. They will use this ability at home, at play, and at school. In addition, they're learning to pay attention and to have self-control—also key skills for life.

For more activities like these, check out the free Vroom app! #192



## Sound Off

Turn waiting for an appointment into a Sound Off. Make different sounds like a whisper, peep, ding, or roar. Pause after each sound so your child can respond. Do they smile? Look at you? Make a sound themselves? Try a new sound. Keep going back and forth!

Ages 0-1



## Brainy Background powered by Mind in the Making

This back and forth conversation with sounds gives your child practice listening and helps them learn to notice differences in sounds, the foundation for language development and communicating with others.

For more activities like these, check out the free Vroom app! #229



## In the Bag

Before you go to an appointment, grab some safe things for your child to play with and put them in a bag. While you're waiting, reach into the bag and talk about what you find. "This is a teething ring for you to chew on. Here's a rattle for you to hold. Let's shake it!"

Ages 0-1



## Brainy Background powered by Mind in the Making

Talking about what's In the Bag is interesting to your child and will help them build their vocabulary and their brain. Speak in full sentences. It's okay to use words they don't know yet. That's how they learn!

For more activities like these, check out the free Vroom app!

#237



## Shopping Switcheroo

Try to imagine what your child is seeing when they're with you at the grocery store. Watch them and describe what you think they may be seeing. When they're looking at fruit, talk about what it is and how it tastes. Do the same when you walk down the soup aisle.

Ages 0-1



## Brainy Background powered by Mind in the Making

When your child sees you watching and hears you talking about their experiences, they're making new connections in their brain between what they see and the words you use. As you go back and forth, you're teaching your child they are valued.

For more activities like these, check out the free Vroom app!

#267



## Singing Time, Calming Time

As you're putting your child to bed rock them gently and sing softly to them. Pay attention to how they tell you they want more singing. Do they turn their head toward you? Smile? Move? What do they do to say "enough"? Cry? Turn away? Take note of how to respond to their cues now and in the future!

Ages 0-1



## Brainy Background powered by Mind in the Making

Singing to your child before bedtime is like a calming conversation using music. You sing, they respond, you respond etc. They're learning how it feels to calm themselves, which is an important life lesson.

For more activities like these, check out the free Vroom app!

#314



## Dry Dance

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!

Ages 0-1



## Brainy Background powered by Mind in the Making

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.

For more activities like these, check out the free Vroom app!

#361



## Bath Routines

Create fun and simple bath routines with your child. For example, every time you feel the temperature you can say, “Splish, splash!” When the bath is over, shake the washcloth saying, “Shake, shake.” Look for ways to add to the bath routine.

Ages 0-1



## Brainy Background powered by Mind in the Making

Regular routines marking the steps of bathing help your child know what to expect. If you use these words in other ways (shaking salad dressing or drying dishes), you’re helping your child apply what they’ve learned to new situations.

For more activities like these, check out the free Vroom app!

#363



## Bat It

Hold a small safe toy over your child’s head as they lie on their back wearing their fresh diaper. Make a soft noise and jiggle the toy. Do they bat at it with their hands? Try to kick it? Answer their actions with another sound and gentle jiggle.

Ages 0-1



## Brainy Background powered by Mind in the Making

As you play this fun game with your child, they’re learning to pay attention and to pursue a goal: hitting the toy with their hands or feet. It’s amazing to think a baby so young is already developing thinking skills they will use the rest of their life.

For more activities like these, check out the free Vroom app!

#428



## A Changing Conversation

When you're changing your child, make a funny sound. How do they respond? By smiling? Kicking their legs? Making a sound? Try a new sound and see what they do. Keep adding new ones to the mix!

Ages 0-1



## Brainy Background powered by Mind in the Making

Back and forth conversations can happen even without words. You're teaching your child about how conversations work. First one person speaks, then the other. This is an early and important lesson about the pleasure and skill of communicating—a skill that's important in school and in life.

For more activities like these, check out the free Vroom app! #429



## Mirror Mirror

Does your child wiggle when you change their diaper? Do you have an unbreakable mirror or something safe and reflective where they can see themselves? Give them this to hold and talk about what they're looking at: "I see you looking at your nose!"

Ages 0-1



## Brainy Background powered by Mind in the Making

Babies learn with their senses. When they see their face and you talk about their nose and other body parts, they're making connections between words and objects, which lays the foundation for reading in the future.

For more activities like these, check out the free Vroom app! #430



## Diaper Song

When you're changing your child's diaper, sing about what you're doing. Watch them and copy the sounds they make so you can create a song together. Your song plus their sounds can become your own Diaper Song for changing time!

Ages 0-1



## Brainy Background powered by Mind in the Making

When your child hears new sounds and sees you respond to the sounds they make, they can become focused and engaged. This enables them to learn new words and sounds that will help them learn to talk and read in the future.

For more activities like these, check out the free Vroom app! #437



## Blowfish

After you change your child, puff up your cheeks like a blowfish and then place their feet on your cheeks to push the air out till you go “pop!” What other sounds or faces can you make together—like sticking out your tongue? Can they copy some of these?

Ages 0-1



## Brainy Background powered by Mind in the Making

The back and forth game you’re playing with your child when making faces and noises may seem silly, but it’s not! They’re learning to watch you and respond, which are essential components for the skill of communicating now and in the future.

For more activities like these, check out the free Vroom app! #438



## Lip Lesson

As you dress your child, copy the sounds you hear them make, like “ah, eee, ooo, bee, dee.” How do they respond? As you make a sound, place their fingers on your lips so they can feel the vibrations and movements of your lips. Try different sounds as you do!

Ages 0-1



## Brainy Background powered by Mind in the Making

Touching and listening to sounds fosters your child’s interest in listening and communicating. It’s never too early to begin playing back and forth with sounds. It won’t be long before you’re having back and forth conversations with real words.

For more activities like these, check out the free Vroom app! #470



## High in the Sky

After changing your child, lift them up and give them a chance to look around. Then safely in your arms, turn around or lift them up and down. Let them enjoy the new view and talk with them about what they’re seeing. Are they looking at the window or the shelves?

Ages 0-1



## Brainy Background powered by Mind in the Making

Moving in space will catch your child’s attention and interest as you give them time to take in different views of the world. You’re showing them the pleasure of new discoveries, a step on the path of becoming a lifelong learner.

For more activities like these, check out the free Vroom app! #471



## Singing Laundry

When you're doing laundry, sing about every step: putting in detergent, closing the door, folding the clothes, etc. Watch your child and copy the sounds they make so you can create a song together. This is fun and puts a new spin on this chore.

Ages 0-1



## Brainy Background powered by Mind in the Making

When your child hears new sounds and sees you respond to the sounds they make, they're focused and engaged. When they're focused and engaged, they learn new words and sounds that will help them talk and read in the future.

For more activities like these, check out the free Vroom app!

#496



## Laundry Pointing

As you do laundry, let your child know what you're doing: "I'm putting white clothes in the washer so they will be clean." As you say the words, point to the objects (clothes, washer, soap). When they respond, continue the conversation by talking and pointing.

Ages 0-1



## Brainy Background powered by Mind in the Making

You help your child learn new words by talking and by pointing. Also look at what you want them to pay attention to, and then they will learn even more.

For more activities like these, check out the free Vroom app!

#497



## Spoon Pick Up

When your child drops their spoon on the floor (and they will!), pick it up and give it back to them saying, "The spoon is falling down, down, down!" How long does it take until they drop it again? When they do, talk about falling down again.

Ages 0-1



## Brainy Background powered by Mind in the Making

Make sure you feel comfortable with what your child throws on the floor so it's not annoying. This game is the beginning of understanding cause (dropping a spoon) and effect (the spoon falling). You're helping them learn this by connecting words to their actions.

For more activities like these, check out the free Vroom app!

#552



## Mealtime Detective

How does your child tell you they're hungry? Do they fuss? Turn their head toward the bottle or breast? Look at you? How do they tell you they've had enough? Do they turn away? Stop eating? Push away? You can be a detective. Look for the clues and talk to them about what you think the clues mean.

Ages 0-1



## Brainy Background powered by Mind in the Making

When you try to understand what your child is telling you and then respond, you're having a back and forth conversation. This is one of the most important ways you can build on and extend their learning. It's a big step to help them become a lifelong learner.

For more activities like these, check out the free Vroom app! #553



## Colorful Meal

As you feed your child, put a bright dishcloth, towel, or scarf over your shoulder. Do they notice it? Do they look back and forth between your face and the colors? Talk to them about the different colors or patterns as they do.

Ages 0-1



## Brainy Background powered by Mind in the Making

A Colorful Meal creates a change of scene that invites your child to notice the details of what is going on around them. Paying attention is an important skill for learning.

For more activities like these, check out the free Vroom app! #559



## Mealtime Melodies

As you feed your child today, sing softly and watch how they respond. If they like it, smile and sing even more. If they make some sounds when responding to you, add their sounds to your song so you can make Mealtime Melodies together.

Ages 0-1



## Brainy Background powered by Mind in the Making

When you sing with your child and respond to their reactions, you're engaging them in learning about sounds and words. This leads to their learning new sounds and words, which will help them learn to talk and read in the future.

For more activities like these, check out the free Vroom app! #562



## Slow Dance

Play your favorite slow song and hold your child while you dance together. How do they respond to the feeling of dancing? What about the sound of the music? Respond to what they do. Laugh if they laugh! Enjoy this special moment.

Ages 0-1



## Brainy Background powered by Mind in the Making

Dancing together is a back and forth conversation—using movement not words—that deepens the connection between you two. It also allows your child to use their senses—hearing, touch, sound, sight—their primary way of learning about the world at this age.

For more activities like these, check out the free Vroom app! #791



## Shake, Bang, and Roll

When your child picks up something, make sure it is safe and then encourage them to shake, bang, and roll. How many different ways do they explore the object? Talk to them about what they're doing, "You shook the rattle and made a sound."

Ages 0-1



## Brainy Background powered by Mind in the Making

This activity helps your child learn about the world. Sit and watch them and be ready to step in if needed to keep them safe and happy. You're helping them become a lifelong learner.

For more activities like these, check out the free Vroom app! #795



## Face-to-Face Time

You can talk to your child about anything! Use their name as you share face time. Your attention is like a hug from the inside that helps them focus and feel calm and settled. Pay attention to what is happening around them and talk about it.

Ages 0-1



## Brainy Background powered by Mind in the Making

Your child is learning they can count on you to help them feel calm and settled. It's a big part of trust and helps them begin to learn to settle themselves.

For more activities like these, check out the free Vroom app! #796



## Saw the Sign

Look for signs that your child is ready to play today. Do they look at you and kick their feet? Make funny sounds? Reach out their arms to you? Try to “read” their actions and follow their lead, making eye contact and talking to them as you do!

Ages 0-1



## Brainy Background powered by Mind in the Making

When you “read” your child’s signals and follow their lead, you’re having a back and forth conversation. Going back and forth, building on what they do and say, is one of the most important ways you can support their learning—today and in the future.

For more activities like these, check out the free Vroom app!

#797



## Toe Tales

As you sit with your child, hold their feet and touch each of their toes, making up a story about each one. The small one is a little piglet that goes “oink oink!” The next one is his big brother, etc. Keep going and respond to what they do and say!

Ages 0-1



## Brainy Background powered by Mind in the Making

When your child hears words and feels your touch, they’re making connections in their brain between words and actions. When you respond to what they do and say, it helps them to develop the foundation for talking and reading.

For more activities like these, check out the free Vroom app!

#806



## Sound Sensor

Play with your child by using your voice and/or household items that make a sound. Bang a pan or hum as you move around the house and change locations. Watch them move their head to follow the sound. Smile and talk with them when they figure out where the sound is coming from.

Ages 0-1



## Brainy Background powered by Mind in the Making

When your child is learning to follow where sounds are coming from their brain is activated and is making connections between their body and their environment. These connections prepare them for future learning.

For more activities like these, check out the free Vroom app!

#811



## Favorite Sounds

Choose a few objects that make noise: keys, phone ringer, musical toy, etc. Show your child each object and then make the sound. Tell them the object's name and what it does. When they respond, do another sound. Go back and forth. See which one they like best.

Ages 0-1



## Brainy Background powered by Mind in the Making

When your child watches you, the object, and the sound, they're using their focus. When you respond to them by offering another sound and interacting, they're engaged and their brain is actively learning new words, sounds, and reactions.

For more activities like these, check out the free Vroom app! #812



## Babbling Baby

Does your child babble or make lots of sounds? This is a first step in learning to speak. Set these sounds to music. If they're saying, "Ba, ba, ba," sing this sound to "Baa, Baa, Black Sheep" or another tune. Watch their eyes light up. Guess what? Their brain lit up, too!

Ages 0-1



## Brainy Background powered by Mind in the Making

Your child will love the fact that you're singing along with them. By doing so, you and your child are having a conversation with sounds, which helps them listen carefully and copy you. This gets them ready for conversations with words, which will lead to better reading skills.

For more activities like these, check out the free Vroom app! #818



## Here I Am!

Not holding your child at the moment? Talk with them as you move around the room, telling them, "Here I am!" Do they move their eyes? Turn or lift their head to look for you? When they "find" you, give them a big smile, again saying, "Here I am!"

Ages 0-1



## Brainy Background powered by Mind in the Making

Your child is especially interested in the important people in their life and from birth on they're able to follow what they see and hear. As they track you, reinforce this discovery by telling them where you are.

For more activities like these, check out the free Vroom app! #828



## Where's Your Hand?

Put one of your child's socks on their left hand, saying, "Where's your hand?" How do they respond? Wave their hand? Look at it? Next, put it on the right hand. Do they respond in the same way or do anything differently?

Ages 0-1



## Brainy Background powered by Mind in the Making

As your child discovers the answer to "Where's your hand?" they're practicing paying attention. They're also practicing controlling their hands and fingers. Focusing is an important skill in learning.

For more activities like these, check out the free Vroom app! #829



## Up-Down, Side-to-Side

Sit on the floor holding your child on your knees. Gently move them up and down, side to side, explaining what's going on. "Now you're going up, up in the sky!" "Now you're moving over to the door," or "down, down to the ground." Make up new ones as you go.

Ages 0-1



## Brainy Background powered by Mind in the Making

As your relationship with your child grows even stronger, you're giving them the pleasure of moving and introducing them to words that describe moving and positions in space. These are important math concepts.

For more activities like these, check out the free Vroom app! #833



## Three Hands

Hand your child a safe object or toy for their right hand and then give them one for their left. Then give them a third. How do they respond? Try to hold it with their hands that are already full? Talk to them about what they might be thinking about holding objects.

Ages 0-1



## Brainy Background powered by Mind in the Making

This simple game is a fun way to watch your child's thinking change over time. Even before they walk, they're beginning to be able to come up with new strategies to help them solve problems.

For more activities like these, check out the free Vroom app! #834



## It's a Bird, It's a Plane!

During snacktime, tell your child their finger food snacks are airplanes and make them “fly” around until they open wide so you can land them in their mouth. Make plane noises and talk about whether it is flying high, low, or in circles.

Ages 0-1



## Brainy Background powered by Mind in the Making

Your child is learning to focus by watching you bring their food to their mouth. As they learn to feed themselves, they can also pretend their food is flying into their mouth.

For more activities like these, check out the free Vroom app! #1017



## Snack Talk

When you're having a snack, talk with your child about what you're doing. “When I bite an apple, it makes a crunch sound. When you have teeth, you'll eat apples too.” If they respond or reach for it and it is safe, let them touch it. “It feels smooth, doesn't it?”

Ages 0-1



## Brainy Background powered by Mind in the Making

When you talk to your child, the part of their brain that processes sound lights up, helping them make sense of what their hearing. It also sparks the action part of their brain, which gets them ready to say words. Although they can't talk yet, this simple activity is helping them learn how to talk!

For more activities like these, check out the free Vroom app! #1025



## Hand Talk

Show your child how to tell you they're feeling hungry by touching their hand to their mouth or rubbing their belly. If you do this over and over and then give them food while saying the word “hungry,” they will pick up the symbol and learn to talk to you with their hands.

Ages 0-1



## Brainy Background powered by Mind in the Making

Children can express themselves with their hands (for example, by pointing) long before they can use words. Helping them learn to use “Hand Talk,” will help them learn to communicate with words in the future.

For more activities like these, check out the free Vroom app! #1026