



MONTHLY MESSAGE:

MAKING THE MOST OF EVERYDAY MOMENTS

The holidays can be a busy season for many families. Thankfully, creating brain-building moments with your child can easily be a part of your families current routine. During the first five years of life, 700 connections happen every second in your child's brain. Back and forth interactions with adults are a main way these connections are formed. Try out some of these activities, created by Vroom, to make the most of your families everyday moments.

ACTIVITIES

AGE 0-1

BEDTIME

Weather Report

At bedtime, talk to your child about the weather today and what it meant for you. "Today was COLD. I wish I wore a heavy jacket because I was outside all morning!"

Brainy Background

Talking about everyday activities helps build children's vocabulary, communication skills and their brains!

AGE 1-2

PLAYTIME

Blanket Box

Put a spoon or one of your child's toys inside a box. Cover it with a blanket and say, "Bye, bye." Then pull the blanket off and say, "Hello." Do it again. Now it's your child's turn. What does he/she do? What do you think your child is thinking?

Brainy Background

Your child is learning that something exists even when he/she can't see it, and is learning to hold a picture of something in his/her mind. This thinking skill is necessary for imagination, creativity and using letters to stand for sounds in reading.

AGE 2-3

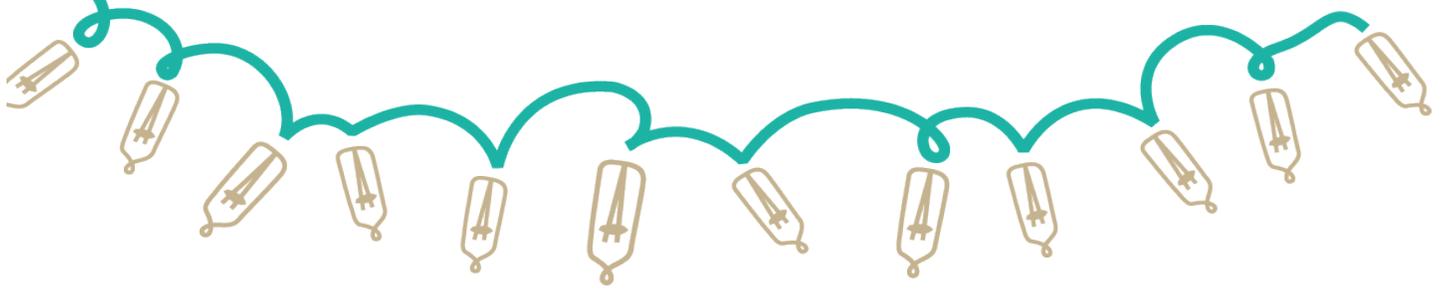
MEALTIME

Bowl Half Full

When your child is eating out of a bowl, have a back and forth conversation about how full the bowl is. Is it a little full? Half full?

Brainy Background

When you have a back and forth conversation about how full the bowl is, you are helping your child gain basic ideas about math. It can also help him/her learn new words!



AGE 3-4

PLAYTIME

Dance Moves

Playtime can become a dance party. Turn on some tunes on your phone or radio and start doing a silly dance. Shake a leg, wiggle your hips. Can your child copy your moves? Next song, it's his/her turn to lead. Go back and forth until you're danced out.

Brainy Background

Believe it or not, dancing games can be great brain-builders! This one in particular teaches your child to pay attention to sounds and rhythm and to imitate you using her/his body. It also gives him/her the chance to be the leader and that's a good feeling.

AGE 4-5

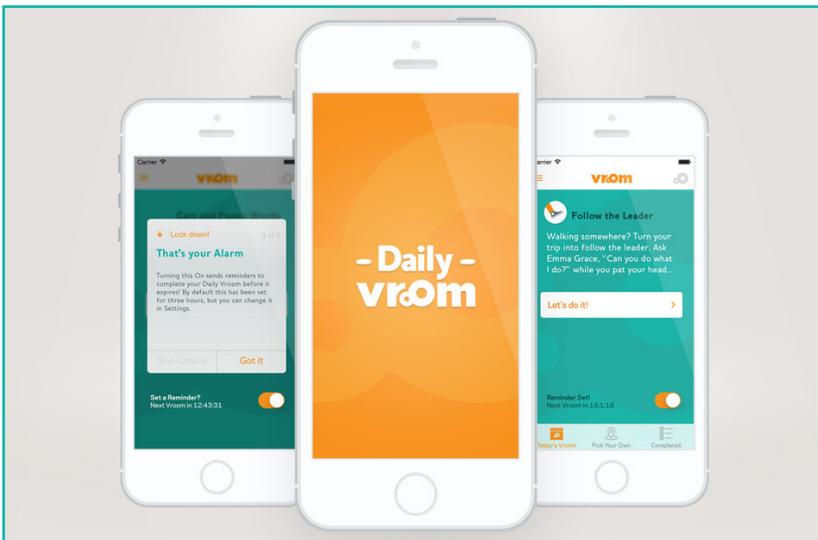
GETTING DRESSED

Name That Clothing

Try getting dressed a new way this morning! Lay your child's clothes out, but instead of asking him/her to find his/her pants, ask your child "Can you find the clothes you wear on your legs? On your feet?" Keep playing until your child is dressed.

Brainy Background

This new way of dressing gives your child practice using information he/she is holding in his/her mind- what scientists call your child's "working memory." Using information you know in different ways helps lead to success in school and success in life!



Want more ideas?

Download the Daily Vroom app on your phone to get daily brain-building ideas based on your child's age. They are easy ways to make the most of everyday moments.

Visit www.joinvroom.org

Available for iPhone or Android users in English and Spanish.