

Vroom Tips™



These print-at-home tip sheets include a mix of Vroom Brain Building Activities™ for children ages 0-5. Share them, put them up on your fridge, or carry them around—whatever helps remind you that brain-building moments are all around you.

Brain Building Basics™

We've made the science of early learning simple! Remember these 5 actions to help build your child's brain anytime. They're color coded for easy finding.

Look

Children use their eyes to learn. See what catches your child's attention and talk about it. Or connect eye-to-eye, then smile, chat, hug, or make funny faces!

Follow

Young children learn best when you follow their lead. Tune into your child's words, sounds, movements and ideas! Then respond with your own words and actions.

Chat

Children's brains light up when you talk, sing, or make sounds back and forth with them. Chat about your day, food, and what's around you, or string sounds together for a fun conversation!

Take Turns

Children learn from taking turns when you play, talk, or explore. After they go, take your turn. Then repeat: they go, you go, they go, you go!

Stretch

Children's brains grow strong when you help them stretch their learning further. Keep a moment going: ask your child a question that starts with what, when, where, how or why!

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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 are making? It is fun for them and helps them listen to sounds.

Suggested Age

6 months - 18 months

Brainy Background



Your child is a ready to learn! 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.

#35

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Soothing Rhymes

When your child seems fussy, try singing a rhyme or a song. Do they calm down when your voice is quiet, or do they respond to big facial expressions and an enthusiastic voice? Try different rhymes and songs to find their favorites.

Suggested Age

0 - 12 months

Brainy Background



When you respond to your child's movements and sounds, you build a trusting relationship that supports future learning. You also teach them ways to deal with stress while building a love of language.

#84

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Sing, Rhyme, Repeat

Help your child recognize patterns and familiar words by singing simple songs with lots of repetition or rhymes. Can't remember one? Make up your own! Encourage them to join in by repeating the words or by adding their own ideas.

Suggested Age

12 months - 2 years

Brainy Background



The more you sing with your child, the more they're able to predict sounds and words and join in. Songs and sound games are great for building early language and reading skills. They make connections between sounds and words and build their vocabulary in a fun and playful way.

#99

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Bath Rhymes

Choose a word related to an activity with your child. At bathtime, you might use the word “float.” Ask them to come up with as many rhymes for that word as they can in one minute, like “boat” or “coat.” Have them count how many words they got. Change the word to “soap” and begin again. Then you can take a turn to rhyme.

Suggested Age

3 years - 5 years

Brainy Background



Your child uses their memory to remember the original word and keep track of the number of rhymes as they continue to come up with new ones. Your child pays close attention to words and sounds as they use what they already know to make new connections.

#106

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Animal Rhymes

Take turns with your child coming up with Animal Rhymes. You can start by saying something like, “There’s a mouse in the house.” Then they could say, “A frog sits on a log.” Go back and forth coming up with animals and rhyming words. Get creative and silly with your rhymes!

Suggested Age

2 1/2 years - 5 years

Brainy Background



When you and your child take turns going back and forth, listening and responding to each other, you help them practice important skills like focus and communicating. Having fun with rhymes and word sounds helps your child learn to love language too!

#141

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Alphabet Words

Choose a word like “tall.” Then work with your child to go through the alphabet, using each letter to make new words that rhyme with the first: “all, ball, call,” etc. Talk together about how changing the letter makes a different word. Go through as many letters as you can.

Suggested Age

4 years - 5 years

Brainy Background



To play this game, your child needs to remember the alphabet, pay attention, use self-control to follow the rules, and think flexibly to switch between the different letters. This word game is a brain workout!

#160

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Clean Up Song

As you clean, sing a song with your child about what you're doing. "I am dusting the chair" or "I am picking up toys that fill you with joy." You can use silly voices, rhymes, or sing to the tune of a favorite song. Invite them to help if they're old enough. Hand them their own dust cloth. Or, encourage them to pick up toys with you while you sing a song together!

Suggested Age

0 - 3 years

Brainy Background



A song about what you're doing will catch your child's attention. It'll help them make connections between sounds, sight, and meaning. Children are especially curious about new things and curiosity is a very important part of learning.

#400

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Food Rhymes

During meal or snacktime, create a rhyme or a rap about what your child is eating: "No slice, no dice, we eat rice!" or "You're no rookie, eating your cookie." They'll enjoy the sound of the words and if they respond, make rhymes from their words too.

Suggested Age

12 months - 18 months

Brainy Background



When your child hears you rhyming, and when you go back and forth making up more rhymes, they're learning to listen to the sounds of words, which is critical to communicating and pre-reading skills. Making up rhymes can also make mealtimes more fun.

#1023

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Great Plate

Your child will want to stay at the table if mealtime is fun. Try this game. Take turns choosing a word from the meal to rhyme with. Examples could be plate, fork, fish, eat, or yummy. Let your child start. Rhyming words can be real words or silly rhymes just for fun, like plate/flute or yummy/zummy!

Suggested Age

3 years - 5 years

Brainy Background



Word games can help your child stay at the table during mealtime. They also help your child make connections between words and their meanings. Hearing the sounds that words make is important when it comes time to learn to read.

#1068

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