

Brain Building Zone

Help Your Child's Brain Grow Strong!



The brain develops the most rapidly in the first 5 years of life. Your child loves to learn from you. Each time you interact with your child, their brain grows stronger. Try these brain-building tips while you wait.

Waiting Wonders

When you're waiting with your child, talk about the everyday wonders around you: the colors of a magazine photo, the softness of their sweater, the music that is playing in the background. Keep the conversation going. When they make a sound, respond.

0-18
MONTHS



Brainy Background™

When you talk with your child and share your interest in everyday things, you reinforce their natural curiosity and encourage them to focus and observe. These skills are part of being a learner for life.

2-5
YEARS



Appointment Predictions

Waiting for an appointment with the doctor or dentist? Ask your child what might happen. Will the doctor listen to their heart? Will the dentist look at their teeth? Encourage them to share these predictions, then compare them later with what actually happened—especially focusing on what they did to manage successfully.

Brainy Background™

Your child is using their working memory to think about what might happen. Talking about what might be stressful and then comparing these predictions with the actual experience help them take on challenges, especially when you share what they did to manage successfully.

For free brain-building tips, visit [Vroom.org](https://www.vroom.org), download the **Vroom app** or text VROOM to 48258 to sign up for **Vroom by Text™**. Visit [WeAreBrainBuilders.org](https://www.WeAreBrainBuilders.org) for more brain-building resources to make the most of everyday moments with your child.



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