

You are a Brain Builder!

Are you a relative, friend, or neighbor caring for children so that a family member or friend can work?

If so, you have a big impact on children's learning and development. You are a brain builder!

During the first five years of life, children's brains are growing rapidly – so rapidly that 90% of the brain is developed before a child even enters kindergarten. Children love to learn from the caring adults in their lives. Each time you interact with a child, the connections in their brains grow stronger and helps prepare them for friends, school, and life.

For FREE brain-building activities at your fingertips, visit www.vroom.org to download the daily Vroom app or Vroom by Text.

Visit GrowYoungBrains.org for additional brain-building tools that make learning fun and engage families.

For assistance, contact your local Child Care Resource and Referral.



90% of the
brain is developed
before kindergarten



Learn more about **creating brain-building opportunities** with your children!

