

# Brain Building **TIPS** for Healthy Habits



Try this fun, brain-building tip from Vroom® to help keep your child's teeth healthy and build their brain at the same time!

## Toothy Wonder

When you're brushing your child's teeth, look in the mirror together. Talk about how your teeth are the same and different from theirs. For example, you have more teeth, and bigger teeth, but you both can make funny faces. Follow their lead and talk about what they notice.



## Brainy Background™

Comparing things that are the same and different will help your child sort their experiences into categories and make connections—skills that are important in reading, math, and science in the future. This also builds their connection with you!

Visit [WeAreBrainBuilders.org](https://www.WeAreBrainBuilders.org) to learn more about creating brain-building opportunities with your child. Sign up to get brain-building tips daily.





2-3  
YEARS



## Toothy Twosome

When brushing your teeth, have your child be your partner. Let them brush their own teeth first, then give them your toothbrush so they can help brush yours. Ask,



*Can you help me brush **my** teeth?*

*Can you brush the ones in the **front**, and then the ones on the **sides**?*



Take turns and have fun!

### Brainy Background™

Sharing a moment and taking turns is one of the most important ways you can promote your child's learning today and in the future.