

Brain Building Zone

Help Your Child's Brain Grow Strong While You Wait!



Brain building can happen anywhere, anytime! Your child loves to learn from you during everyday moments - bath time, mealtime, bedtime, and *on the go*. Try these brain-building tips while you wait.

Sound Off

Turn waiting into a "Sound Off." Make different sounds like a whisper, peep, ding, or roar. Pause after each sound so your child can respond. Do they smile? Look at you? Make a sound themselves? Try a new sound. Keep going back and forth!

0-6
MONTHS



Brainy Background™

This back-and-forth conversation with sounds gives your child practice listening and helps them learn to notice differences in sounds, the foundation for language development and communicating with others.

1-3
YEARS



Comparing Faces

While you wait, look for a picture of a child in a magazine, book, or signs around you. Point it out to them and talk about what is the same and what is different between them and the child in the picture. "She has two eyes and so do you!" "Her eyes are blue and yours are brown." Take turns!

Brainy Background™

As you talk about the details in what you notice together, you're promoting the life skill of focus. You're also helping your child see similarities and differences between them and others, an important part of being able to understand another person's point of view.

Find more fun and playful brain building tips at [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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