

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.



1-4
YEARS

Snap, Clap, Pop

Waiting time is a great time to see how many different sounds your child can mimic. Try clapping or making your cheeks go “pop!” See if they can follow your lead. Take turns being the one who makes the sound first and the one who copies it.

Brainy Background™

Simple games can teach not-so-simple skills. When your child follows your changing patterns of sounds, they're paying attention to and copying your behavior. This is how self-control develops.

Tell Me a Tale

Look for something you see that could start a story. It could be a picture or an object. Begin with “Once upon a time, there was a ...” Encourage your child to continue the story. Take turns adding to it. It doesn't matter if the story makes sense, as long as you're having fun!

Brainy Background™

Having fun with stories is a great way for your child to learn and use many different words. When you make up the story together, your child is practicing working together creatively. They're also using their memory to remember what has already happened in the story.



4-5
YEARS

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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