

Wellness for Families

Healthy habits begin early. Active play, sleep, nutrition and helping children navigate emotions are essential for young children's growing bodies and developing brains. Try these activities for calming moments, bedtime, mealtime, and playtime from Vroom®.



9-18 MONTHS

Physical Activity

Pillow Practice

Is your child trying to stand up and climb on everything? You can help them practice by putting some pillows on the floor and letting them climb or jump on them. Say "low" and "tall" as you make different sized stacks of pillows. Talk to them about what they're doing.

Brainy Background™

Providing opportunities for your child to practice the skills they're working on, like crawling, walking, jumping, keeps them engaged in learning. Talking about words like low and tall builds their vocabulary. How else can you help them practice what they're learning?



0-12 MONTHS

Rest & Sleep

Nightly Routine

As you get your child ready for bed, talk to them about what you're doing—taking off their daytime clothes ("night night clothes") turning the lights down ("night night lights"), closing the shades ("night night outside").

Brainy Background™

Regular routines help children learn to go to sleep more easily. When you name the activities, you're helping them learn words for these activities—even before they can say those words themselves.



3-5 YEARS

Emotional Wellness

Belly Breathing

Help your child learn to breathe deeply when feeling upset. Have them close their eyes and put their hand on their belly to feel it go out when they breathe in. When breathing out, their belly moves in. Remind them to use Belly Breathing to help them calm down.

Brainy Background™

When you ask your child to focus on their breathing when they feel upset, you help them practice self-control. They also learn to manage emotions in hard situations. This ability continues to develop throughout life and supports your child in solving problems on their own.



2-5 YEARS

Nutrition

Lunch Packer

Packing a school lunch? Have your child help! Put out veggies, dips, fruit, and other healthy options and invite them to pick two or three items for their lunch. Talk back and forth with them about the taste of these foods (crunchy, sweet) as you pack them together.

Brainy Background™

When your child helps pack their own lunch, with healthy choices, they're learning good health habits as well as how to take small steps toward making their own lunch in the future. Continuing to go back and forth in conversation is one of the best brain builders.

For more brain building tips to make the most of everyday moments with your child visit:
WeAreBrainBuilders.org