Brain Building Basics™

We’ve made the science of early learning simple! Remember these 5 easy ways to help build your child’s brain anytime.

**Look**
Children use their eyes to learn. See what catches your child’s attention and talk about it. Or connect eye-to-eye, then smile, chat, hug, or make funny faces!

**Follow**
Young children learn best when you follow their lead. Tune into your child’s words, sounds, movements, and ideas! Then respond with your own words and actions.

**Chat**
Children’s brains light up when you talk, sing, or make sounds back and forth with them. Chat about your day, food, and what’s around you, or string sounds together for a fun conversation!

**Take Turns**
Children learn from taking turns when you play, talk, or explore. After they go, take your turn. Then repeat: they go, you go, they go, you go!

**Stretch**
Children’s brains grow strong when you help them stretch their learning further. Keep a moment going: ask your child a question that starts with what, when, where, how, or why!

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