



Cellissa Hoyt

Vroom and Mind in the Making
State Coordinator



Working to ensuring that all New Hampshire children
have the opportunity to reach their full potential

Proud to bring Vroom to our communities



Vroom translates leading research on early brain development into meaningful, actionable activities for families with children birth through age 5. **Free, fun, science-based tips and tools** help parents and caregivers turn everyday moments into brain building moments.

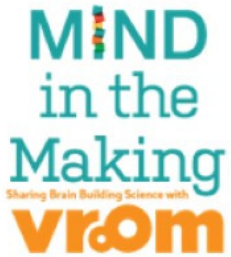
**Science shows that the first 5 years of life
are when the brain develops the fastest.**

Vroom – Sharing the Science

Children are born with tremendous potential.

In the first five years, trillions of neural connections are made—forming the foundation for future learning.





Why brain building with your child matters so much

Your child's brain grows the fastest from birth through age 5! Helping them learn now gets them ready for school, friends, and life.



BEHIND EVERY VROOM TIP, THERE'S
BRAIN SCIENCE



Positive Adult-Child Interactions

Positive connections with you help your child's brain grow strong and flexible.

Our tips help you turn ordinary or fussy times into fun.

BEHIND EVERY VROOM TIP, THERE'S
BRAIN SCIENCE

Back and Forth Interaction

Back-and-forth moments with you build your child's brain in ways that help their learning, health, and behavior both now and in the future.

Our tips help you do more with your shared moments.



BEHIND EVERY VROOM TIP, THERE'S
BRAIN SCIENCE



Life Skills that Promote Executive Function

Building life skills like focus, self control, problem-solving, and taking on challenges in their early years helps your child today and later in life.

Our tips help you share the joy of learning with your child now while you prepare them for tomorrow.

vrøm

Look

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



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!



Chat

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



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!



Follow

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



vrøom



Brain Building Basics



Brain building moments are all around us!







Read to Me

Share a picture in a book, magazine, or news article with your child. Be sure to point at what you're looking at and chat about it. For example, "Look at the blue shirt the lady is wearing—I have one too!" Or, "This is a picture of diapers, like the ones you wear." Let them pick the next picture and talk about what you see together.

Suggested Age

12 months - 2 years

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Vroom Tips for School Skills - Literacy

Learn more at vroom.org

Brainy Background



Around age one or later, babies start to understand that pictures represent real things. As you connect pictures and real things—especially things they know—you help them understand symbols. These chats are a critical step in learning to read later.

#848

Learn more at vroom.org



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Calm Down Kit

Use an empty shoebox or other container to make a “Calm Down Kit” with your child. Have your child put special items inside that help them feel secure and relaxed. When they are feeling upset, remind them to use their kit. They even can decorate the box to make it their own.

Suggested Age

2 1/2 years - 5 years

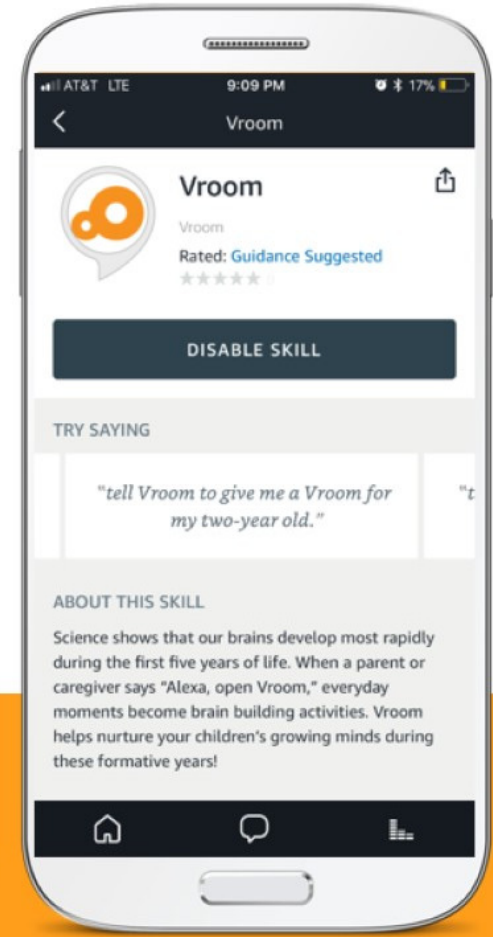
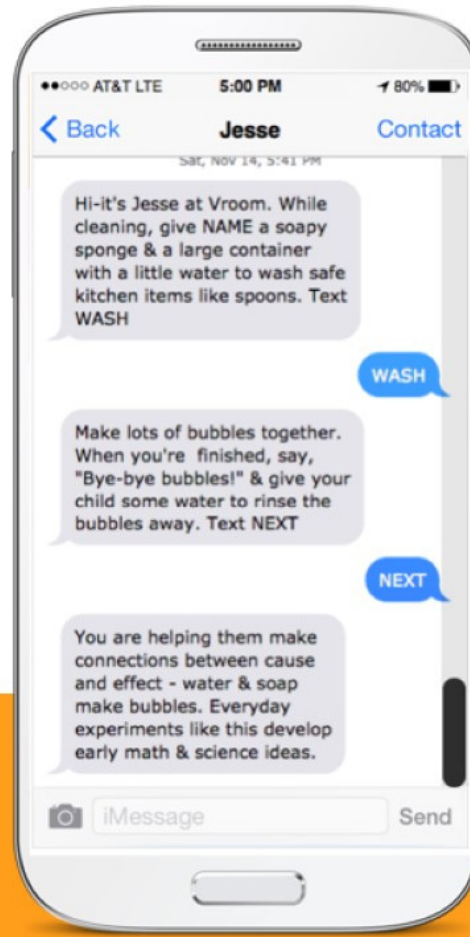
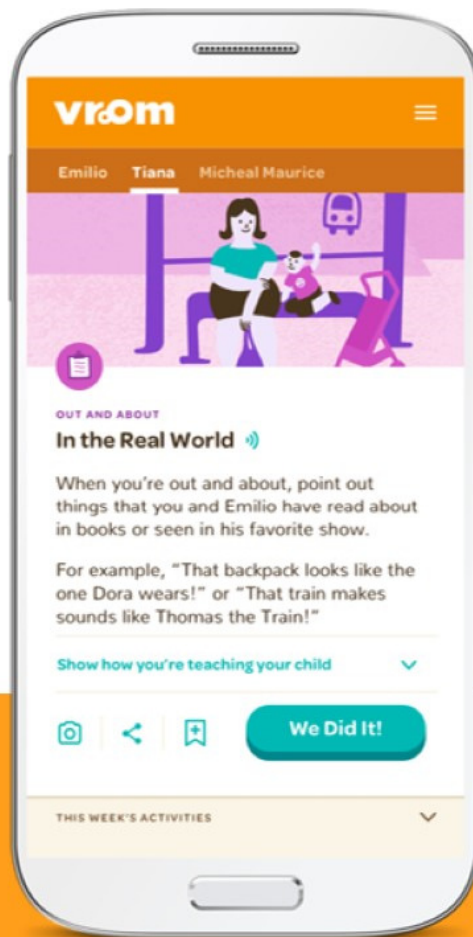
Brainy BackgroundTM



It helps to make a “Calm Down Kit” before upset feelings happen. You’re helping your child plan for how to handle stress so they can take action in a difficult moment. This gives them more control. It also builds skills important to tackling challenges.

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Download Vroom App or sign up for by texting VROOM to 48258

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www.vroom.org

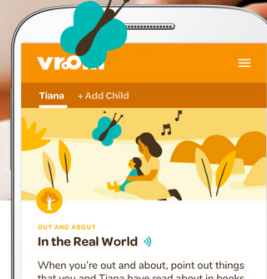
ps://www.vroom.org/

Science For Professionals Log In **Try Vroom**

Hello, Brain Builder

Vroom Tips™ help you do more with your shared moments. Add learning to mealtime, bathtime, bedtime, or anytime with 1,000+ fun, free activities.

Try a Vroom Tip



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Vroom 32 mins

Help your child learn to breathe deeply when feeling upset with this #VroomTip. 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.

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

Fatherly offers more advice for when toddlers get upset.

FATHERLY.COM

The 3 Things I Do When My Toddler Melts Down That Help Build Emotional Intelligence

[Self-Control](#)
[Math](#)
[Literacy](#)
[Problem Solving](#)
[Communication](#)


Hand Shapes

While you're waiting, show your child how to make a triangle with hands by putting their thumbs and fingers together. Encourage them to try making a different shape with their hands and fingers like a square, a circle, or a diamond. Copy each other's Hand Shapes.

Brainy Background

Your child is learning to control their body and use focus to pay close attention to your movements and to try and re-create them with their

We Did It!



Who's That Baby?

Hold a mirror up to your child's face and ask, "Who's that baby?" Then say their name. Pull the mirror away and watch them. Do they smile? Wave their hands and feet? Do they reach out for the mirror? Comment on what they're telling you with their actions.

Brainy Background

This game is a fun way to help your child learn to focus and pay attention as they notice you and the mirror. They're also learning about

We Did It!



Imagination Moves

Encourage your child to try different ways of moving by using their imagination. Say something like, "How would you move if you were walking through rain puddles?" Ask them to act it out, and show them how you would move. Take turns acting out different imaginary situations.

Brainy Background

When you encourage your child to pretend and use their imagination, they have the opportunity to make

We Did It!



Smile and Wink

Smile at your child and then wink at them. Repeat it several times, then encourage them to try to copy you. The smile is easy, and their wink, which may be just crinkling their eyes, will make you smile again! Take turns. Count how many smiles and winks you share.

Brainy Background

Playing "Smile and Wink" may seem simple, but it takes a great deal of skill for your child to pay attention to what you're doing, remember the

We Did It!



Silly Sneeze

Share a silly moment with your child by pretending to sneeze, "Ah-choo!" Do they smile or laugh? Try a slow sneeze next and pause in between, "Ah-ah-ah-choo!" What do they do now? Respond to their sounds and motions. Soon they will start trying to copy you!

Brainy Background

You're your little one's favorite plaything, more than any toy! In fact, young children learn best when they're engaged in playful

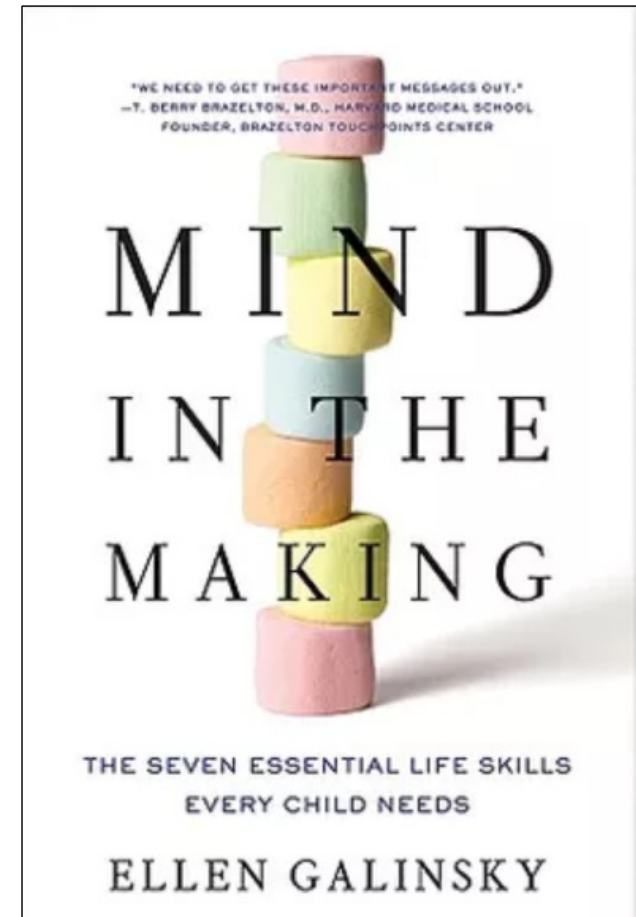
We Did It!

MIND in the Making

the science behind Vroom

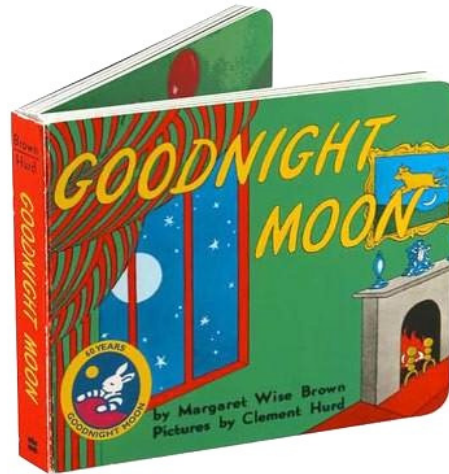
Seven Essential Life Skills Every Child Needs

- Focus and Self Control
- Perspective Taking
- Communicating
- Making Connections
- Critical Thinking
- Taking on Challenges
- Self Directed and Engaged Learning



MIND in the Making

Skill Building Book Tips – building children’s life skills based on class and diverse children’s books



INFANTS & TODDLERS

Skill-Building Book Tips 7 Essential Life Skills

Explore the beloved children's classic *Goodnight Moon* in a way that highlights Focus and Self Control, a Life Skill that promotes Executive Functions. Children need this skill to achieve their goals, especially in a world that's filled with distractions and information overload. It involves **paying attention, remembering the rules, thinking flexibly and exercising self control.**

Tip

As you read each page of *Goodnight Moon*, point to the objects named in the story (the red balloon, two little kittens) and ask your child to point after you.

Skill

When you invite her to find the objects, you're helping her learn to **pay close attention** to the details in the pictures, which calls on **Executive Function** skills. The back-and-forth interaction you have with her while reading is what researchers call "Take-Turns Talk." Like a game of ball, one of you says or does something and the other responds. The importance of these everyday interactions to brain building is a key finding from child development research.

Tip

Goodnight Moon offers a tiny mouse on all of the pages with color pictures. See if your child can find and point to the mouse. If not, point the mouse out to her.

Skill

Your child will have to pay attention to find the mouse; she'll also have to use the skill of self-control to select the mouse in the midst of everything else that's happening in the picture.

Tip

Once your child has heard *Goodnight Moon* a number of times, stop before words that rhyme. Can your child remember that after "Goodnight, kittens" is "Goodnight, mittens?" You can help your child remember by pointing to the relevant pictures.

Skill

When you play the rhyming and remembering game, you're not only helping her learn to **listen carefully to the sound of words**, you're also promoting her working memory, an important aspect of Focus and Self Control.

Goodnight Moon By Margaret Wise Brown

In this classic bedtime story, a rabbit says goodnight to everything in the room. The mesmerizing cadence of the rhymes and the clever details in every picture form a reassuring and calming end of the day tradition for children and adults alike.



Silly Faces

After brushing your child's teeth at night, play a silly game together in the mirror. Ask them to make a funny face and then imitate them. Then switch and have them imitate your silliest face. There's no limit to how much fun you can have together!

Ages 1-2



Brainy Background powered by Mind in the Making

Taking turns imitating each other gives your child practice paying attention to your silly face so that they can copy it. Paying attention helps them concentrate and focus—important skills when it comes to learning and solving problems.

For more activities like these, check out the free Vroom app! #310

These tips sheets were developed by *Mind in the Making*, in collaboration with First Book. *Mind in the Making* and Vroom are programs of the Bezos Family Foundation. Find more books and materials on the First Book Marketplace, a resource available exclusively to educators and programs serving children in need. Visit: www.fbmarketplace.org.

For more ways to help your child learn and develop, visit mindinthemaking.org and vroom.org

MIND in the Making
The Seven Essential Life Skills Every Child Needs

MIND in the Making

Skill Building Opportunities – based on questions parents most frequently ask each other, their families and the professionals in their lives.

Other examples include:

- Trying New Foods
- Fear of Strangers
- Bedtime Fears
- Constant Crying
- Sibling Rivalry
- When to Teach Colors, Numbers and Letters to Babies
- And many more!

INFANTS &
TODDLERS

Skill-Building Opportunities Always Saying “No”

Question: My two-year-old always tells me “No!” How do I get her to say “Yes” sometimes?

All children are maddeningly uncooperative sometimes. While it can be frustrating, this kind of behavior is normal in young children and actually represents a positive milestone in their development. You can support your child's early independence while, at the same time, encourage her to express herself in ways that work for both of you by promoting the life skill of Communicating.

Communicating is much more than understanding language, speaking, reading and writing, It is the skill of determining what you want to communicate and realizing how communications will be understood by others. It is the skill that teachers and employers feel is most lacking today.

1

Think about how you are responding.

Your child looks to you for cues about how to respond in all kinds of situations, especially ones in which she feels out of control, like when she can't do something she wants to do. Your tone of voice, body language and facial expressions all send messages to your child.

- Be a role model for the way you want your child to behave, even when she is saying “No” all the time. Children learn more from how you behave than from what you say.
- If you need to calm down because you're annoyed, take a step away if possible. This shows your child the importance of using self-control to communicate successfully and provides time for you to think about things more clearly.
- It is also important to consider what else might be going on. Is your daughter more likely to say “No” when she is tired or hungry? Sometimes a snack at the right time can be helpful.

Most crucial of all is for you to let your child know that you are there for her and love her, even when she says “No” to everything.

Knowing this negativity is a positive developmental milestone that will pass is helpful. So, instead of thinking your child is willful or disobedient, think of these toddler years as a great opportunity for you to help her learn to communicate in more productive ways.

2

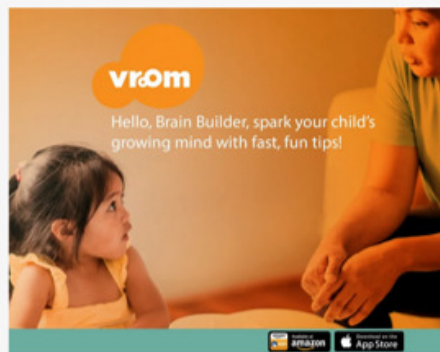
Be intentional about setting limits: what you are saying and how you say it.

- You are the one setting the limits and she needs to respond, but the way you set limits can lead to more or less cooperation. Rather than asking: “Are you ready to get dressed?” (it isn't really a question—she needs to get dressed) try saying: “It's time to get dressed.” Remember to use an encouraging and positive tone.



We are excited about the ways we can work with you!

- Provide full Vroom presentation to your employees & volunteers.
- Share ideas about how others have imbedded Vroom and Mind in the Making in their work and brainstorm with you about how this would work best for you.
- Provide materials and resources that give you everything you need, at your fingertips!
- Provide a full presentation for families in your community – for parents, grandparents, caregivers (in partnership with you).



SUPPORT CHILDREN'S EARLY LEARNING!

According to new science, children's first years are when they develop the foundation for all future learning. Every time you connect with them their eyes *and* their brains light up. In every one of these shared moments, half a million neurons fire at once, taking in everything you say and do. That's why Vroom's here!

Vroom provides free, science-based tips and tools that help parents and caregivers add learning to mealtime, bath time, bedtime or anytime. You are already building your child's brain and it's easy and fun to turn everyday moments with young children into Brain Building Moments®!



YOU ALREADY HAVE WHAT IT TAKES TO BE A BRAIN BUILDER!



Check out this 2-minute video about Vroom and learn about the **Science of Vroom**.

Download the Vroom App for brain building activities that fit into your daily routines. It takes just seconds to sign up to receive age appropriate Vroom tips personalized for each child. Plus, you'll learn the science behind how these fun activities build children's brains!

Download the Vroom App at [Amazon](#) and [Apple](#).



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Happy Trails Wellness Club Sharing Tools with Families



TODDLERS Skill-Building Opportunities: Trying New Foods

Question: How can I get my toddler to try new foods?

Every parent has asked this question at one time or another. Let your toddler decide what and how much to eat from an assortment of nutritious foods you offer. Trust your child's ability to know when she is hungry and full. If she asks for more, provide a small, additional portion. If she stops eating, accept this decision. Don't worry too much about messes made during mealtimes. Young children learn from experimenting, and you can promote the life skill of Self-Directed, Engaged Learning by encouraging and allowing exploration and experimentation.

Self-Directed, Engaged Learning: it's through learning that we can realize our potential. As the world changes, so can we, for as long as we live and as long as we learn.

- 1 Allow your child to explore and experiment.**
Learning to try new foods is one aspect of learning to explore and experiment. You can promote the skill of Self-Directed, Engaged Learning by letting your child explore the new food. She may want to smell it, touch it, look at it and taste it. These actions are a great sign that she's learning and will, hopefully, feel comfortable to try a new food.
- 2 Create a routine for peaceful mealtimes.**
People—both children and adults—don't learn to explore without first feeling safe. Your child will feel safer if you set up predictable routines around mealtimes. Routines can include having meals at regular times or in regular places. It can also include having traditions around eating, such as beginning a meal with saying what you are thankful for or singing a mealtime song.
- 3 Establish positive eating patterns.**
Include your toddler in family meals by providing a high chair or booster seat at table height. Adults need to provide children meals and snacks at regular intervals. Feed your toddler three meals and two or three planned snacks a day. Foods offered should be nutritious and healthy, with only moderate amounts of sweets. Toddlers gain weight more slowly than during the first year, so your toddler may eat less now than he or she did as an infant. Toddlers' appetites also vary; they will eat a lot at one time and not much the next time.

Happy Trails Playgroup Virtual Story Time





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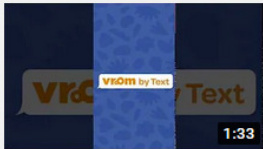
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You already have what it takes!

All children are born ready to learn.

And you have what it takes to help them. The time you spend with a child can help their brain grow strong. Even a few minutes count!



For free Brain Building Activities™ visit vroom.org or download the app. Text VROOM to 48258 to sign up for Vroom by Text™.

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También disponible en español

Posters, flyers, bookmarks, postcards and more!

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.



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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!

BA BABA



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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Learn more at vroom.org

Read Everywhere

We're surrounded by words! Take turns pointing to words anywhere around you, and have a conversation about what they mean.

Learning new words helps to build vocabulary and communication.

You have what it takes to be a brain-builder!

Download the Vroom app to add learning to mealtime, bathtime, bedtime, and anytime with Vroom Tips™.

See for yourself how Vroom Tips are fast and fun!
vroom.org

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También disponible en español

Over 1,000+ easy activities designed to help your child's brain grow strong

Life gets busy, Vroom Tips stay simple. With fun activities, backed by science, you can turn everyday moments into Brain Building Moments™!

Tips inspire fun and learning whenever you have time.

Pick tips by category or setting to find tips that work for you.

Tips are personalized for children 0-5.

Choose your tip delivery time or set a reminder.

Every day, we deliver a fun Vroom Tip for you right to your phone.

Learn the science behind how each activity builds your child's brain.

Celebrate your progress and keep track of your favorite tips.

Add photos to make a scrapbook of all your Brain Building Moments.

How others are imbedding Vroom and MITM in their work:

- **Hang posters, decals or other displays** in common areas (stairwells, elevators, elevator doors, rest rooms, on a window)
- **Distribute flyers, post cards & bookmarks** in your community
- Employees **model these kinds of back-and-forth interactions** with children
- **Virtual story time** includes a Vroom Tip or a MITM Book Tip Sheet
- **Post on Social Media** (“Like” Vroom and MITM Facebook pages so you see their posts and share when appropriate)
- Add a **link to Vroom on your website**, or add an entire Vroom page (we can help you decide what Vroom content to highlight/link to)
- Include Vroom and MITM materials into **literacy kits or new baby packets**
- And much more!



Questions?

**Other ideas for including
these resources in your work?**

Contact info: Cellissa Hoyt choyt@earlylearningnh.org

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How can I make sharing Vroom easy for you?

Provide resources so you have everything you need, at your fingertips!

- If you would like any of the free print materials (post cards, bookmarks, flyers, posters), we can coordinate delivery
- If you would like a monthly email from me that highlights specific resources, type your name and email in the chat

Provide a full presentation for families in your community – for parents, grandparents, caregivers (in partnership with you)

Survey regarding this presentation later this week – please take a few minutes to complete

Contact info: Cellissa Hoyt choyt@earlylearningnh.org

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