

# What is ?

New science tells us that our children's first years are when they develop the foundation for all future learning. Every time we connect with them, it's not just their eyes that light up - it's their brains.

 turns shared moments into brain building moments. Whether it's mealtime, bath time, or anytime in between, there are always ways to nurture our children's growing minds.

## You already have what it takes!

### You Are A Brain Builder.

Every time you interact with a child you're doing something major: shaping a growing mind.

During mealtime, bath time and any time in your daily routine, there are easy ways to nurture your child's growing mind.



Suggested Age Range 3 - 5 years

#### On the Go Imagination Station

When you're waiting at a stoplight or on the bus, make up a story about someone across the street or on the opposite platform. Where is the woman in the hat going? What will she do when she gets there? Try to elaborate on your child's ideas.



## Brain Building Basics

**VROOM** is about creating brain building moments. The good news is, the time you have is all you need to be a brain builder. Take a look at the basic ways you can make it happen:



### Look

*Make eye contact so you and your child are looking at each other.*



### Chat

*Talk about the things you see, hear and do together, explaining what's happening.*



### Follow

*Take your child's lead by responding to their sounds and actions, even before they are old enough to talk.*



### Stretch

*Make each moment longer by building upon what your child does and says.*



### Take Turns

*With sounds, words, faces and actions, go back and forth to create a conversation or a game.*

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