



HOW TO...

build baby's brain with vroom.org

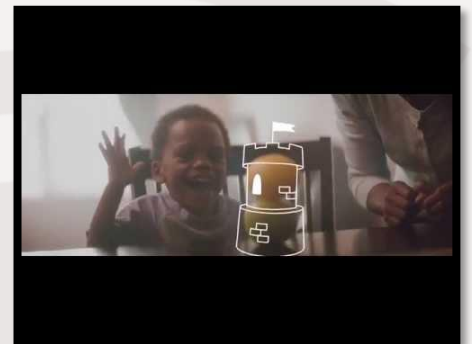
With Vroom, it's easy to be a brain-builder. Free science-based tips and fun activities to help parents and caregivers give children a great start in life.

To help you build your baby's brain visit the [Vroom.org website: https://www.vroom.org/](https://www.vroom.org/) You will find great ideas and activities that you can do. The Vroom: Early Learning app has games and key information on what babies should be doing at different ages – this will strengthen your parent-child interactions. To start:

1. watch this [video on 'Brain Builders Basics'](#)

The five steps to help build your baby's brain. Best of all, parents already have all they need to take these steps to create brain-building moments.

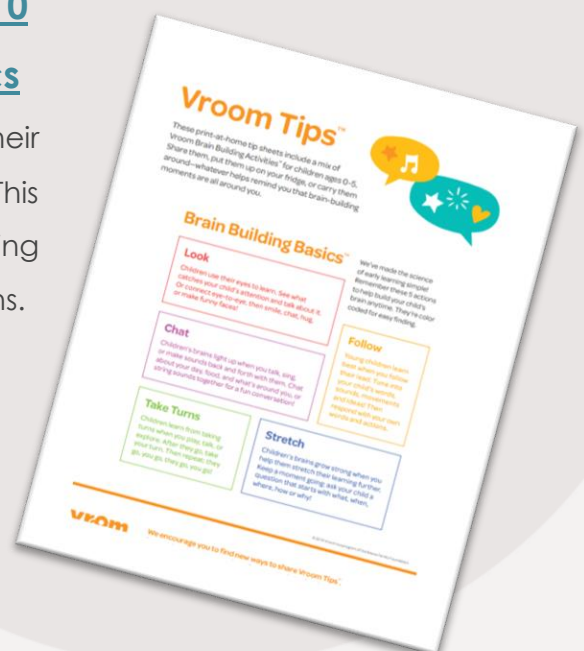
(1) Look, (2) Follow, (3) Chat, (4) Take Turns, (5) Stretch



2. Look at this [Vroom Tip Sheet for Age 0 – 12 months and Brain Building Basics](#)

The time you spend with your child can help their brain grow strong. Even a few minutes count! This printable tip card includes brain-building activities for young children ages 0 – 12 months.

[Click here](#)



Here are a few Vroom videos sharing ideas and tips for everyday interactions with your young baby.

Vroom: Changing time chats

When changing your child, have fun with words and sounds together.



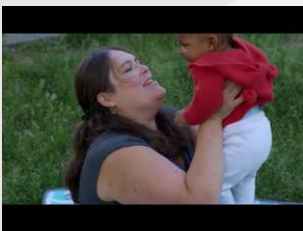
Vroom: Babble on

Follow your baby's lead and have babbling or baby talk conversations with him/her.



Vroom: Sharing songs and stories

Storytelling and singing helps your baby to understand the meaning behind words and sets them up for talking.



Vroom: Baby conversations

Even before babies can say words themselves, they are learning what words mean and how to communicate all while strengthening your bond.



Vroom: Park sensation

During everyday activities like sitting on the grass outside, you can build your child's vocabulary by describing everyday things.



remember to:

- (1) Look,
- (2) Follow,
- (3) Chat,
- (4) Take Turns,
- (5) Stretch

Vroom® App

Download the **Vroom: Early Learning App**

Available on [Android devices](#): and [iOS](#)

Fill in baby's details to receive age-appropriate games to stimulate baby and bond with baby.

See the Vroom.org website for more information

