

PRESENTATION / SESSION TITLE SLIDE



Presenter Name(s)



All children should have joyful, enriching early experiences that fuel their innate desire to learn, and foster the skills and mindsets for lifelong success.

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



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.

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.





Brain Building Basics



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Take Time to Watch



Take a minute today to watch your child. Pay attention to what they look at. How do they move? What do they sound like? What are they learning? Even when you're busy, responding to what they are learning deepens your connection with them.

Suggested Age

0 - 5 years

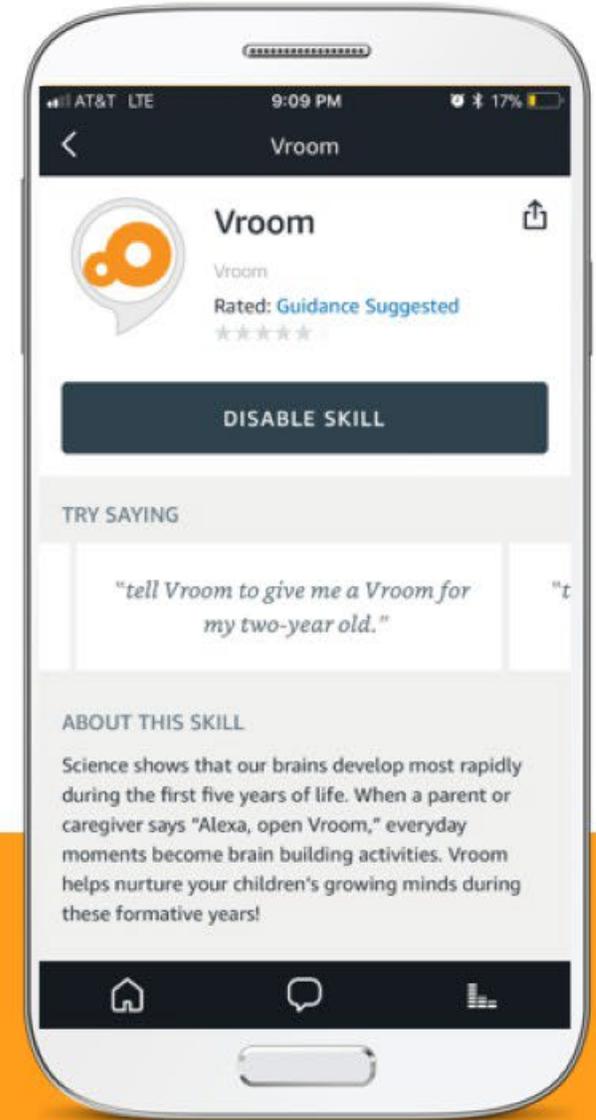
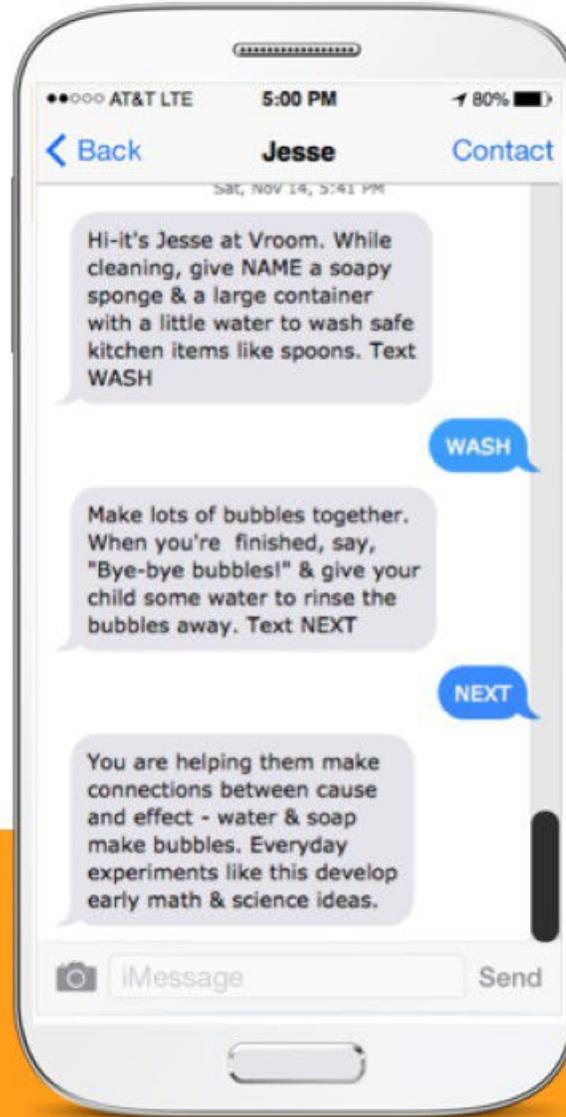
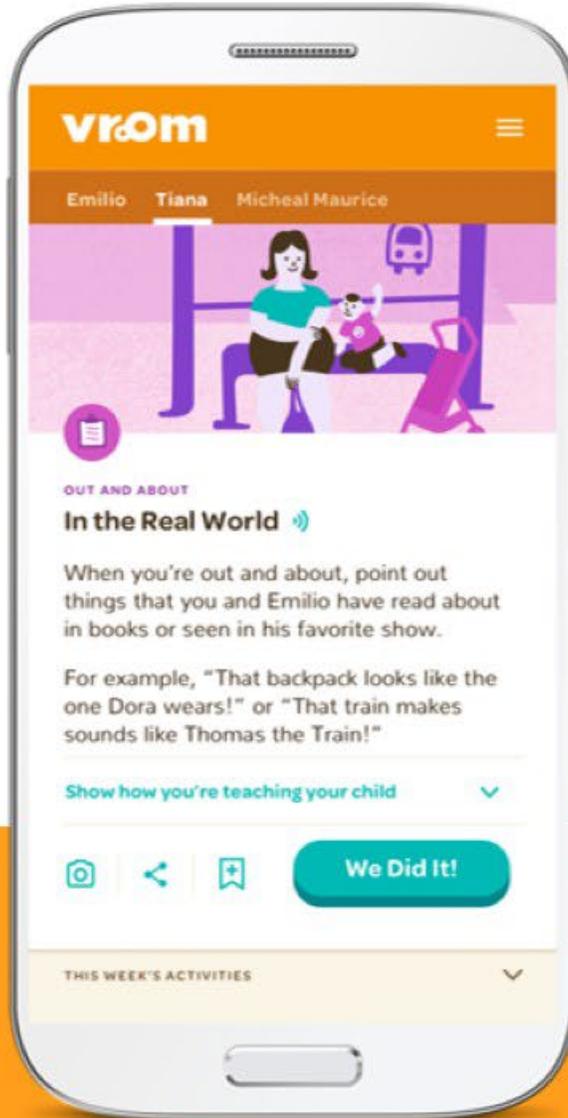
Brainy Background™



When you're in tune with your child, you'll be able to pay attention to their needs and interests. This deepens the trust between you. Your child needs this security to reach out into the world to explore, experiment, discover, and learn.

#30

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Digital Tools





What Are Executive Function-based Life Skills?

WORKING MEMORY

being able to keep information in mind in order to use it

THINKING FLEXIBLY

being able to adjust to shifting needs and demands

INHIBITORY CONTROL

resisting distractions, giving a more considered response, avoiding the quick, first reaction

ESSENTIAL LIFE SKILL #1

Focus and Self Control



Children need this life skill in order to achieve their goals, especially in a world filled with distractions and information overload. It involves paying attention, remembering the rules, thinking flexibly, and exercising self-control.

SAMPLE VROOM TIP

Beat & Repeat

Ages 3-4

Play “Beat and Repeat” anywhere. Create a beat with two claps. Can your child copy it? Repeat until they get it. Have them create their own beat with two claps. Anytime someone misses, try again. Then make it three beats. How many beats can you get to? Four? Five? Six?

Brainy Background

Your child develops self-control as they copy your patterns or create their own. If they make a mistake, all the better. They learn that mistakes are a necessary part of learning—a good lesson no matter how old you are!

29

Perspective Taking



Perspective taking goes far beyond empathy: it involves figuring out what others think and feel, and forms the basis of children understanding the intentions of their parents, teachers, and friends. Children who can take others' perspectives are much less likely to get involved in conflicts.

Category Convos

Ages 2-3

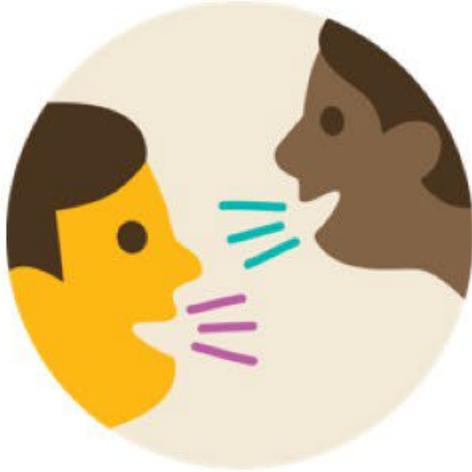
Tell your child about a favorite food. Ask them to name a food they like that's in the same category, like fruit, but different. Keep count of how many different things you both like in the same category. Play the same game with something else, like clothes!

Brainy Background

This game is teaching your child about categories; things that are the same in important ways, though different in others. They're also learning about your likes and dislikes compared to theirs, helping them learn about other people.

49

Communicating



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

Sing-Song Voice

Ages 0-1

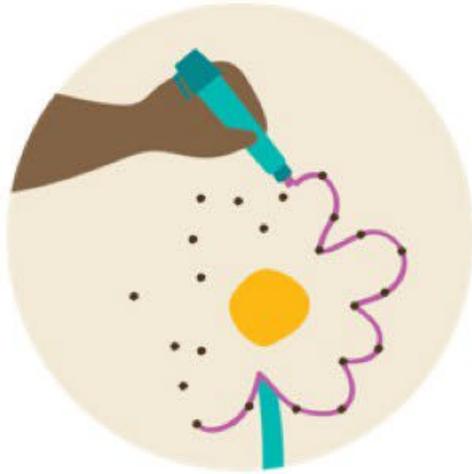
Is your child making lots of sounds? Talk back to them by repeating their sounds or describing what they're doing using a sing-song voice. Do they respond by kicking their feet, waving their arms or making more sounds? Together, you're telling your own story!

Brainy Background

Children's brains are wired to hear you talk in a sing-song voice. When you talk slowly and stretch the sounds out in a musical way, their eyes light up and their heart rates increase. Toddlers who hear sing-song voices smile more often—proof that YOU are making connections and building a brain!

#57

Making Connections



Making Connections is at the heart of learning: being able to figure out what's the same, what's different, and sorting these things into categories. Making unusual connections is also at the core of creativity.

In a world where people can Google information, those who can see the connections will go beyond knowing information to using it.

Letter Lookout

Ages 4-5

Pick a letter with your child and try to find it everywhere you go. Take turns calling it out when you see it. If they see an apple for the letter A, then you have to find something next. See how many things you can find. Four? Ten? More?

Brainy Background

"I Spy" games like this one are great brain builders. They make your child aware of their environment and teach them to make connections between similar things. You can try this game with letters, colors, shapes—anything really!

Critical Thinking



Critical thinking is the ongoing search for valid and reliable knowledge to guide beliefs, decisions, and actions.

Watch and Learn

Ages 1-2

Offer your baby familiar objects like a scarf, an empty box, or a container with a lid. Watch to see what they do. Do they try to put the scarf in the box or the lid on a container? Then encourage more learning by commenting on what they're doing, "You put the scarf in the box!"

Brainy Background

When you give your child time to explore everything they can do with a simple object, you support curiosity and encourage creativity. They're also building critical thinking skills to understand concepts of size and shape.

999

Taking on Challenges



Life is full of stresses and challenges. Children who are willing to take on challenges – instead of avoiding them or simply coping with them – do better in school and life.

New Timers

Ages 2-3

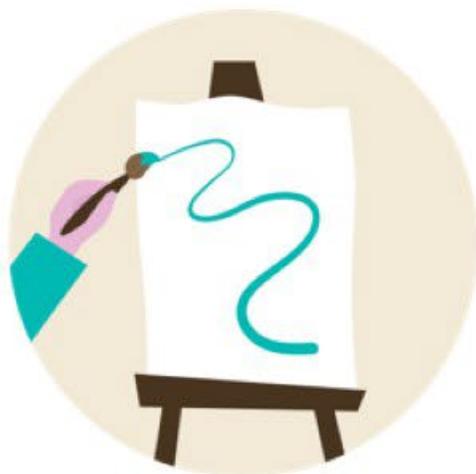
When you're at a playground, help your child do things they haven't done before. Try out the swings or the slide, or even feel the different textures on the ground. As long as they're safe, let them try new playground experiences, with a helping hand if they need it. How do they respond? Celebrate what they say and do!

Brainy Background

Giving your child the chance to do safe things by themselves helps them feel confident, competent, and to learn to take on challenges.

ESSENTIAL LIFE SKILL #7

Self-Directed, Engaged Learning



It is through learning that we can realize our potential. We can learn for as long as we live.

SAMPLE VROOM TIP

Daily Discoveries

Ages 0-1

What is your child doing? Reaching for a toy? Hitting two blocks together to make a sound? As they discover their world, pay attention, smile, and use words that they will learn someday: "You reached out your fingers and got your toy."

Brainy Background

When you pay attention to what your child does and share their delight in doing and learning, you start them on the path to become a lifelong learner.

#22