EVERYONE HAS WHAT IT TAKES TO BE A BRAIN BUILDER!
On the Move with Vroom!

Training Description:

◦ This training is meant to bring awareness of the family engagement tool, Vroom. Vroom supports early brain development and promotes the benefits of investing in the early years. This technological resource supports the use of everyday moments and activities with children. Vroom was created based on scientific research and development done by the Bezos Family Foundation.
On the Move with Vroom!
Learning Outcomes

Parents will be able to:

◦ Understand the research behind Vroom.
◦ Learn ways to incorporate Vroom into their daily routines.
◦ Recognize how this tool benefits their child’s brain development.
What is Vroom?

• New science tells us that our children’s first years (birth through five) are when they develop the foundation for all future learning.
• Vroom is taking shared moments and turning them into brain building moments.
• There are always ways to nurture our children's growing minds, whether it is:
  • Mealtime
  • Bath time
  • Or anytime in between
What is Vroom?
The Team Behind Vroom!

• Vroom was developed by a group of dedicated scientists, community leaders and trusted brands, with input from community organizations and families like yours.
• Together, they're providing parents and caregivers with ways to boost early learning.
• They’ve dedicated their lives to understanding early learning—and their work informs everything we do.
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.

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

2. Chat
   Talk about the things you see, hear and do together and explain what’s happening around you.

3. Follow
   Take your child’s lead by responding to their sounds and actions, even before they are old enough to talk. When they do start talking, ask questions like “What do you see?” or “Why do you like this?”

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

5. Take Turns
   With sounds, words, faces and actions, go back and forth to make a conversation or a game.
The Brain Story

- Shaping the foundation for future learning:
  - A Brand New Brain
  - Ready for Anything
  - Learning Like Lightning
  - Communication is Key
  - Hi, Baby
  - You Are a Brain Builder
  - Nurture Future Greatness
  - Vroom!
  - It Begins With You
Ways to Get on the Move with Vroom

• Vroom Activities Tip Cards
• Your Vroom Activities
• Vroom App
• Vroom Tools
  • Dropbox https://dl.orangedox.com/UPnK1F
• Vroom Website
  • http://www.joinvroom.org/
Tip Card Examples

Three Hands
Hand your child the toy for his/her right hand and then give him/her one for his/her left. Then give him/her a third. How does he/she respond? Try to hold it with his/her hands that are already full? Talk to your child about what he/she might be thinking about holding the different toys.

Ages 0-1
For more activities like these, check out the free Daily Vroom mobile app!

Brainy Background
powered by Mind in the Making
This simple game is a fun way to watch your child’s thinking change over time. Even before he/she walks, he/she is beginning to be able to come up with new strategies to help him/her solve problems.

Sing-along
Whenever you’re walking together, take one of your child’s favorite songs and make turns singing the line. You start the first line and then have him/her continue. He/She can hum even if he/she doesn’t remember the words!

Ages 2-4
For more activities like these, check out the free Daily Vroom mobile app!

Sound Searchers
Pay attention to the sounds you are hearing and talk about them with your child. “I hear a bird tweeting. Do you?” Try to find the bird. Do this with fire trucks or cars going “vroom”. Pay attention to what your child is listening to and ask him/her, “What do you hear?”

Ages 2-3
For more activities like these, check out the free Daily Vroom mobile app!

Brainy Background
powered by Mind in the Making
Children learn through their senses and through games like “Sound Searchers.” Using words about the sounds you are hearing helps your child begin to listen to the differences in sounds and the words that describe them.

Face Off
Make a face that expresses a feeling and ask your child to make a face that expresses the opposite feeling. If you make a happy face, he/she should make a sad face. Have a conversation about when he/she remembers people making faces like this.

Ages 4-5
For more activities like these, check out the free Daily Vroom mobile app!

Flip the Switch
Before leaving the house today, let your child be the one to turn off the lights. Help him/her flip all the switches and talk about how his/her actions turn the lights off for darkness and on for light.

Ages 6-7
For more activities like these, check out the free Daily Vroom mobile app!

Brainy Background
powered by Mind in the Making
This game teaches your child about cause and effect. When you or he/she hits the switch, he/she will observe how the lights turn off and on. Here a conversation about what is happening or he/she learns some new words too.

For more activities like these, check out the free Daily Vroom mobile app!
Activity Time

• Try out some of the tip card activities.
• Then see if you can write your own tip card.
BECOME A BRAIN BUILDER TODAY!
This training was created by Child Care Aware of New Hampshire, NH’s most trusted child care resource providing child care referrals and consumer education to NH Families. Additionally, Child Care Aware of NH provides professional development through training and technical assistance to early childhood providers throughout the state of NH.

www.nh.childcareaware.org

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