



EVERYONE HAS WHAT IT TAKES TO BE A BRAIN BUILDER!

# On the Move with Vroom!

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## 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.

The logo for Vroom, featuring the word "vroom" in white lowercase letters on a dark orange background. The background consists of two overlapping circles of different shades of orange.

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# On the Move with Vroom!

## Learning Outcomes

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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.

The logo for Vroom, featuring the word "vroom" in a white, lowercase, sans-serif font. The letters are positioned within two overlapping orange circles of different sizes. The larger circle is behind the smaller one, and they are both set against a solid orange background that forms a horizontal bar at the bottom of the slide.

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# What is Vroom?

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- 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

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# What is Vroom?

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# The Team Behind Vroom!

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- 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.

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# 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.

# 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

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# Ways to Get on the Move with Vroom

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- Vroom Activities Tip Cards
- Your Vroom Activities
- Vroom App
- Vroom Tools
  - Dropbox <https://dl.orangedox.com/UPnK1F>
- Vroom Website
  - <http://www.joinvroom.org/>

The Vroom logo consists of two overlapping orange circles. The word "vroom" is written in white lowercase letters across the circles. The 'v' is on the left circle, and the 'oom' is on the right circle.

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# Tip Card Examples

 <b>Three Hands</b> Hand your child a 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 	 <b>Brainy Background</b> 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.  For more activities like these, check out the free Daily Vroom mobile app!
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 <b>Sing-along</b> Whenever you're waiting together, take one of your child's favorite songs and take turns singing the lines. 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 3-4 	 <b>Brainy Background</b> powered by Mind in the Making  When you take turns—going back and forth, you are sparking new connections in your child's brain. Remembering the tunes of songs also strengthens his/her memory.  For more activities like these, check out the free Daily Vroom mobile app!
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 <b>Sound Searchers</b> 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 1-2 	 <b>Brainy Background</b> 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.  For more activities like these, check out the free Daily Vroom mobile app!
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 <b>Face Off</b> 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 	 <b>Brainy Background</b> powered by Mind in the Making  This game helps your child understand how to understand the emotions of others and express his/her own feelings. It's an important skill that we use every day as adults!  For more activities like these, check out the free Daily Vroom mobile app!
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 <b>Flip the Switch</b> 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 2-3 	 <b>Brainy Background</b> 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. Have a conversation about what is happening so he/she learns some new words too.  For more activities like these, check out the free Daily Vroom mobile app!
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# Activity Time

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- Try out some of the tip card activities.
- Then see if you can write your own tip card.



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**BECOME A BRAIN BUILDER TODAY!**

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New Hampshire's most trusted child care resource

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](http://www.nh.childcareaware.org)

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