

## **Brain Building Basics**

**Every parent has what it takes to be a brain builder!**

**Brain building basics include:**

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 follow up questions like "What do you think...?" or "Why did you like that?"
4. **Stretch**-Make each moment longer by building upon what your child does and says.
5. **Take Turns**-With sounds, words, faces and actions, go back and forth to create a conversation or a game.

**\*Check out this great new website called Vroom ([www.joinvroom.org](http://www.joinvroom.org)) and sign up for their free App for Amazon Fire, Android, or Apple devices.**

On your device you will receive one brain building activity a day for each child you have. These activities help spark connections in your child(ren)'s brain(s) that they need for development and future learning.

**Resources:**

<http://www.joinvroom.org/>