

You already have what it takes to be a Brain Builder!

Your baby is born ready to learn.
And you have what it takes to help them!



Science shows that positive connections with your child help their brain grow strong and flexible. Even babies who can't talk yet are looking, listening, and relating to you nonstop. Helping them learn now gets them ready for school, friends, and life.



Eye-to-Eye

You can talk to your child about anything! Use their name as you make eye contact and chat. Your attention is like a hug from the inside that helps them feel focused, calm, and settled. Pay attention to what is happening around them and talk about it.



Your child's brain grows the fastest from birth through age 5!

Give your child a great start in life—and an even better future. Vroom TipsTM add learning to mealtime, bathtime, bedtime, or anytime!



For more brain-building tips visit vroom.org, download the Vroom app, or text **VROOM** to 48258.

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Brainy BackgroundTM



Your child is learning that they can count on you. Long before they are ready to speak, you're helping them learn to pay attention and begin to understand ideas and words.