

Singing and Thinking with Vroom..

Sing Talk: Instead of talking as usual, try singing in a different voice. For example, it's very funny to sing about getting dressed. Sing, "I'm sliding on my shirt, jumping in my pants," in a low voice. You and your child can use familiar tunes and make up your own words.

What your child is learning: When you're having fun, it's likely your child will be having fun too. When you put new words into tunes and describe what you're doing, you're helping them make new and unusual connections. These types of connections build creativity.

Checklist: Help your child develop routines around eating times, playtime, and bedtime. Help them make a chart for what they do when they wake up: Get dressed, check. Eat breakfast, check. Even look out the window and say, "Will you need a raincoat today?" Grab jacket, check.

What your child is learning: Having routines around the major times of the day helps children understand their experience and know what to expect. Predictability helps children feel safe and planning ahead is good for their brains.

Sound Makers: When you're in the park, take turns with your child making different sounds with your voices, hands and feet. Stomp really loud or clap your hands up high. When they make a sound, imitate it and then make a new one. How many different sounds can you two make?

What your child is learning: Sound Makers gives your child practice focusing and controlling their behavior. To copy your sound, they have to pay attention and remember it. Waiting for their turn takes self-control. Your child will need these thinking skills in school, work, and life.

Favorite Moments: As you get your child ready for bed, think about your favorite moment of the day with them. Turn it into a dramatic story and tell them why it was your favorite. Ask them to share their favorite moment. Talk about yours versus theirs and what's the same and different.

What your child is learning: When you share your experiences with your child, you're helping them learn how to understand the thoughts and feelings of others. Thinking about "what's the same" helps them learn to form categories in their thinking.

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