

Vroom Tips for the Family at Home!

At home with your family during the coronavirus? [Now is the perfect time to try Vroom](#). As you meet the new challenges that each day brings, supporting you is Vroom's primary focus. Vroom is here to share simple and fun ways to boost learning that don't require more time or money. Vroom tips are always free, flexible, and designed to support you in your daily life. We hope they spark some moments of connection and joy in this trying time. Here are the easiest ways to access Vroom and start brain-building today:



Download the free Vroom app on your phone – you'll discover hundreds of great activities that help your child's brain grow strong and give you new ideas for bonding with them. The [Vroom app](#) is also available online at [Vroom.org](#). Just click "Try Vroom" at the top of the page. Available in [English](#) and [Spanish](#).



Subscribe to Vroom by Text: Brain-build even without a smartphone or a computer. Receive a tip once a week, customized to each child in your household age 0-5, designed to help them learn and grow. Available by text in English or Spanish, [sign-up here](#) or text VROOM to 48258 to get started.



Watch weekly Vroom tip videos every Tuesday at 11am MST, Vroom is sharing a new tip video on [Facebook](#) to help you add early learning into your new daily routines. Watch this week's [#VroomTip](#) about baby conversations, and check back for new videos weekly!



Follow Vroom's social media channels:



Questions about Vroom in Colorado? [Email Shelby](#), the Vroom Program Director at Parent Possible, to learn more about our outreach efforts and network of community partners.

Vroom Tips for the Family at Home

The Hand Wash

Let your child be your partner as you wash up before a meal. Say, "It's time to wash our hands, yours and mine." Put soap on both your hands and lather up. Be silly as you dry your hands off together. Do you shake dry? Toss the towel back and forth? Make a hand jumble? What else?

Suggested Age

12 months - 18 months

Brainy Background[™]



Making your child your partner in hand washing helps them learn about this important routine. A back-and-forth conversation with words and gestures, builds your relationship too. Say, "You can wash your hands!"

#555

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Silly Suds

Get silly while getting clean! Tell your child, "Let's wash your hands!" but start washing their feet. What do they do? Then say: "Oh! Those are your feet! Where are your hands?" As they get older, have them lead, using other parts of their body like elbows, wrists, and ankles.

Suggested Age

12 months - 3 years

Brainy Background[™]



Your child is using their focus to listen to your words and drawing on what they already know to play this silly game with you, which strengthens their memory. They're also practicing thinking flexibly about opposites, as well as learning new words and what they mean in a fun way!

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Calm Down Kit

Use an empty shoebox or other container to make a "Calm Down Kit" with your child. Have your child put special items inside that help them feel secure and relaxed. When they are feeling upset, remind them to use their kit. They even can decorate the box to make it their own.

Suggested Age

2 1/2 years - 5 years

Brainy Background[™]



It helps to make a "Calm Down Kit" before upset feelings happen. You're helping your child plan for how to handle stress so they can take action in a difficult moment. This gives them more control. It also builds skills important to tackling challenges.

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Stress Busters

During a calm moment, invite your child to come up with their own ideas for managing stressed feelings. You can make suggestions, such as using words to explain their feelings, hitting something that can't be hurt, or counting numbers. Try out the ideas and brainstorm others.

Suggested Age

2 1/2 years - 5 years

Brainy Background[™]



When you give your child some responsibility for coming up with their own ideas for managing stressed feelings, you're helping them learn to manage their emotions and behavior. You're also helping them learn to take on challenges.

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