

# Vroom Tips™



## Ready, Set, Vroom!

This journey to parenthood is your own Brain Building Moment™. From expecting through the early years, your brain is flexible and ready to learn. These Vroom Tips are here to help you build your brain while building your new bond!

## Brain Building Basics™ for parents

You have what it takes to build your brain, too! Science tells us everyday back-and-forth moments help you grow in your role as a parent. Remember these 2 actions to support your own learning.

### Reflect

Reflecting helps us better understand ourselves and our world. Think back on your day or notice how you're feeling. Ask yourself "why" or "how" questions to stretch your thinking. You get to choose how you show up as a parent.

### Connect

Connecting helps us grow. Our brains are wired to learn through everyday moments with others. Share stories about your day, ask for help, or laugh together! You are building connections that will support you as a parent.

## Brain Building Basics™ for you and baby

Your child loves to learn from you. Your time together gives them a strong start in life! Remember these 5 actions to help build your child's brain anytime. They're color coded for easy finding.

### Look

Children use their eyes to learn. See what catches your child's attention and talk about it. Or connect eye-to-eye, then smile, chat, hug, or make funny faces!

### Follow

Young children learn best when you follow their lead. Tune into your child's words, sounds, movements and ideas! Then respond with your own words and actions.

### Chat

Children's brains light up when you talk, sing, or make sounds back and forth with them. Chat about your day, food, and what's around you, or string sounds together for a fun conversation!

### Take Turns

Children learn from taking turns when you play, talk, or explore. After they go, take your turn. Then repeat: they go, you go, they go, you go!

### Stretch

Children's brains grow strong when you help them stretch their learning further. Keep a moment going: ask your child a question that starts with what, when, where, how or why!

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## Our New Morning

What do your mornings look like now? Next time you brush your teeth or make breakfast, picture doing that with a newborn. How may these routines look different when the baby arrives? Remind yourself it's OK if mornings end up looking different than what you picture now.

Suggested Age

Expecting

## Brainy Background



Early parenthood brings a lot of change. It's natural and OK to feel overwhelmed. When you think flexibly about the future, you help your brain get ready for the changes ahead. This can help you adapt when you need to update routines. Remember: you have what it takes to find what works for you and your baby!

#1133

Learn more at [vroom.org](https://vroom.org)

## Moment to Notice

You might be feeling a lot of different emotions as you wait for the baby. Noticing feelings, without judging them (or yourself!) can help. Name your feelings out loud. Try saying things like, "I feel excited," "I feel worried," or "I feel tired." You can say them to yourself or chat about them with someone else. Notice how doing this makes you feel, too.

Suggested Age

Expecting

## Brainy Background



Research shows that when we name our feelings, we help our brains understand and manage them. This will help your baby learn to explore and share their feelings, too. It is normal and OK for this to feel new or uncomfortable at first. With practice, you are building an important skill of exploring emotions without judgment.

#1134

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## My One Thing

You may have heard "sleep when the baby sleeps," but unpredictable schedules can make that hard. Pause to think about what a night routine is for you now—like reading or having a glass of water before bed. What do you want to make sure you keep when the baby arrives? What are you OK losing for a little while?

Suggested Age

Expecting

## Brainy Background



Starting routines before your baby is born is a great way to practice parenting skills. Flexible yet consistent routines help your child learn and grow. And they can help you feel more calm too! Practicing building your own routines now will help you create routines for your whole family once the baby arrives.

#1135

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## Moving and Grooving

Your baby may be moving around a lot right now! When do you notice them moving? At a certain time of day? When you listen to music? Maybe after you eat certain foods? Your baby is already telling you what they like and what gets them active!

Suggested Age

Expecting

## Brainy Background



Noticing and responding to your baby's cues is an important skill. Every baby is different. They will communicate what they feel and need in their own special way. By paying attention to when and how they move now, you are already getting to know your own little one!

#1132

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## Feeling Foggy

It's OK and normal to feel foggy or forgetful while getting ready for your baby. Right now, your brain is focused on what will be important for parenthood. Next time you forget something, picture all the other connections your brain is making. Remind yourself you still have what it takes, even in these foggy moments. "This is normal. My brain is changing with me!"

Suggested Age

Expecting

## Brainy Background



There is a lot happening as you prepare to meet your baby. Your brain is working hard to get ready for the new needs of parenthood. Give yourself patience! Even when things feel foggy, your brain—and your baby's—is growing and getting stronger every day.

#1136

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## My Parenting Powers

Welcoming a baby is a big life shift, maybe the biggest! It's common to feel like you are different than you were before. Write a list with a few of your strengths. How can these help you in this new role? For example, can your sense of humor help you make diaper changes fun? What about your patience or math skills? You can even make this list with someone else and help name each other's strengths.

Suggested Age

Expecting

## Brainy Background



Everyone's journey to parenthood is different. But we all have strengths that help us in unique ways. When you explore your own changing identity, you are also getting ready to help your child explore theirs. As your child grows, they will need your help as they learn who they are too.

#1137

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Ready, Set, Vroom: Tips for Expecting and Newborn Parents



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## You and Me Kid

Hobbies are a great thing to share with your little one! What is a favorite hobby of yours? Think about how you could share this with your child. Maybe find a small basketball to play with together, or plan a walk in your favorite park. What else could you do to make this time special?

Suggested Age

Expecting

## Brainy Background



If you are not pregnant, it can feel like a waiting game before you can bond with your baby. Science shows that just thinking about what you will do with your baby in the future starts to build your growing bond. You are planning and getting your brain ready for all the connection moments ahead!

#1138

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## I Can Do It!

During mealtime, ask your child(ren) if there's something they would like to teach the new baby. If they're not sure, share an idea. "You are really good at picking out books. Do you think you could help choose a story for the baby? I know you'll be such a great helper when the baby comes!"

Suggested Age

Expecting

## Brainy Background



New babies can require a lot of attention. Acknowledging the incredible things your older child(ren) can do helps them feel special. Inviting them to help with their younger sibling helps them feel proud of their own skills and gives them a way to help out. Your new baby will learn best from positive relationships, including their siblings!

#1139

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## Little Lessons

Babies learn a lot by watching us. Chat with a loved one or friend about things you can teach your baby. This can be silly or serious. Maybe your little one can watch and learn how to make a great taco. Or they can learn how to take a deep breath when they're feeling upset. Share what you think the other person can teach, too.

Suggested Age

Expecting

## Brainy Background



This conversation will help you reflect on the skills you already have. When you picture the future, you also use planning skills to create brain-building moments before your baby even arrives. Your baby will have so much to learn from you every day!

#1140

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## Bedtime Buddies

During bedtime, talk with your child(ren) about what might change when the baby arrives. For example, you might say, “Sometimes I will be helping the baby at bedtime. Who do you think can help you get ready?” Invite them to share what they think. Then try out a new routine a few times so it feels more normal when the baby arrives.

Suggested Age

Expecting

## Brainy Background



When you make a plan and practice it, your brain prepares you for changes to come. With a little planning, you and your older child(ren) will feel more ready when bedtime or other routines look a little different.

#1141

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## Something Special

Did you know your baby can hear your voice? As you are getting ready for bed, try talking about something you enjoyed today. “I was on the bus to work today, and I saw the most beautiful sunrise. I can’t wait to share sunrises with you.”

Suggested Age

Expecting

## Brainy Background



When your baby is born, they will be able to recognize your voice! Talking to babies from an early age helps build language skills from the start. Practicing now helps you both get ready!

#1142

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## Expect and Connect

It can be helpful to talk about daily routines before the baby arrives. Chat with another adult, maybe a partner or another parent. What routines are you excited about? What could moments like feeding look like? Where would you like help? You get to decide what routines look like for your family.

Suggested Age

Expecting

## Brainy Background



Parenthood can feel lonely, but talking with other adults can help. All parents, even if they aren’t pregnant, have what it takes to build a bond and routines with their baby. We can all grow skills through moments like diaper changes and bathtime. Conversations like this help prep your brain to build connections with your baby and trusted people in your life.

#1143

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## You Decide

You don't have to be a perfect parent—just a growing one. And you get to choose what that looks like. Think of a time you felt safe, heard, or loved. What could you do to create a similar experience for your baby? As a parent, you get to decide what you want to repeat and what you want to change from your own childhood.

Suggested Age

Expecting

## Brainy Background



Our brains are wired to learn from other people. From the time we are babies, we watch, listen, and copy what others do. When we think about our own childhood, we use skills like reflecting and planning help us make choices about the kind of parent we want to be.

#1158

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## Prepare and Pretend

During playtime with your older child, explore how things might change once the new baby arrives. Hold a doll or stuffed toy and pretend it is a baby. Show your child how you might feed, bounce, hold, or comfort the baby. Let your child take a turn and pretend.

Suggested Age

Expecting

## Brainy Background



Play is a powerful learning tool. When your child imagines what it will be like to take care of the new baby, they are building their sense of independence. This can help them get ready to navigate all the changes to come.

#1159

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## What Will Be New

Think back to when you were expecting your first child. Is their personality how you imagined it? What was a surprise? Picture how your new little one may be the same or different. Soon, you will get to explore the world with your baby and see for yourself!

Suggested Age

Expecting

## Brainy Background



Like fingerprints, no two children are the same. When you reflect on past parenting experiences, you are preparing for the surprises that will come with your new baby. The way you parent may change too, and that is OK. It shows you have the skills to grow and adapt.

#1160

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## Favorite Toy

You will be your baby's favorite toy! When you do pick out a toy, think about how you will use it to play and interact with your baby. Back-and-forth moments will build your bond and your child's brain.

Suggested Age

Expecting

## Brainy Background



There can be a lot of pressure to buy all the latest toys that promise to help build your baby's brain. But babies don't really need toys to help them learn. They need you. It is OK to buy that cute bear or colorful rings, but at the end of the day, you will always be the best toy in the room.

#1161

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## Little Wins

Getting ready to meet a new baby is a big change. It's normal to feel forgetful or overwhelmed when you have so much to do. At bedtime, try to list your Little Wins. Focus on what you did do, not what you didn't. If there is something you want to get done, think of who could help you tomorrow.

Suggested Age

Expecting

## Brainy Background



When you reflect on what went well, you build connections in your brain for confidence and persistence. This will help you focus on what you can do, even when times feel hard. It is OK to be in "baby mode" right now. You are preparing for a whole new role!

#1162

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## Lean on Me

Where do you feel connected to other adults in your life? Notice spaces where you feel a sense of community. This can be a large group or one friend's home. As you prepare for your baby, chat about how you want to stay connected, even when your days look different.

Suggested Age

Expecting

## Brainy Background



Our brains are wired to be social and learn through connections. Every parent's support system looks different. When you talk about how to stay connected in the future, you strengthen your social bonds that will help both you and the baby when they arrive.

#1163

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Ready, Set, Vroom: Tips for Expecting and Newborn Parents



Learn more at [vroom.org](https://vroom.org)

## Love Language

When your baby arrives, you will have what it takes to help them feel safe and supported. Today, notice when others make you feel this way. What do they do or say that makes you feel good? Chat with a supportive person about the ways they already help you feel connected and cared for. This is a great way to build your relationship!

Suggested Age

Expecting

## Brainy Background



We learn best through safe, supportive relationships. When we reflect on how we feel supported, we are preparing our brains to find those connections in the future. Research shows that social connections help us learn and live full lives.

#1164

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## Making Sense

Reading a baby's cues takes all five senses. Notice where you already use your senses to focus on multiple things at once! When you're in the kitchen, pay attention to cooking cues. What are you smelling or listening for to know food is done? What visual cues tell you if things are going well—or not? Think of other everyday moments where you can tune in to your senses.

Suggested Age

Expecting

## Brainy Background



Responding to cues is a skill that gets a boost during parenthood. When your baby arrives, you may read their cues without even noticing. Reflecting on your senses right now will help you recognize when you tune in to your baby's needs. The more you notice these moments, the better you can grow and celebrate your skills!

#1165

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## Task Switcher

When your baby arrives, you will often need to switch tasks to tend to their needs. Reflect on a time when you needed to switch between tasks, like at work or during chores. How was that experience? Did you still get everything done? You already have what it takes to use your flexible thinking skills and handle changing needs!

Suggested Age

Expecting

## Brainy Background



Dishes will get done, and laundry will get sorted. As a parent, these tasks will just look different than they do now. It's OK if this change feels stressful or tiring. Give yourself patience and grace. When you reflect on your flexible thinking skills now, you are helping build your brain for the daily needs of parenthood.

#1166

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## Works for Me

Reflecting about your day is an important part of parenthood. And it can look different for everyone. You may think quietly while on a walk or doing dishes. Or write thoughts down in a notebook. Others find it helpful to talk to another adult. What has worked for you in the past? See if you can make time for this type of reflection in the next day or two.

Suggested Age

Expecting

## Brainy Background



The simple act of reflecting and thinking about your day is shown to strengthen connections in your brain. It helps you grow and decide what you want to do next time. When you find what works for you today, you are building a habit that will support your own brain-building once your baby arrives!

#1167

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## Share the Love

Our days are filled with routines, big and small. Today, notice and name the small things that bring you joy. This could be listening to music or sitting outside. Picture how you can involve your baby in these special moments. Could you even add these small things to a new routine, like diaper changing or feeding?

Suggested Age

Expecting

## Brainy Background



Our babies love to learn from us, including what it is we love! Routines, especially ones with moments of joy, build a foundation for learning for both children and parents. When you show your baby what makes you happy, you teach them about emotions and working with others. This is how you grow your bond!

#1168

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## Happy Holidays

You will celebrate many firsts with your baby. This includes the first time sharing holidays together! Chat with a friend or loved one about your favorite holidays. What traditions can you both share with your little one? You can even write these traditions down so you don't forget when the holiday excitement starts.

Suggested Age

Expecting - 3 months

## Brainy Background



Holidays will look different with a baby. Some may change, others will be new. Reflecting and planning for what's most important now will help you create new traditions in the future. These traditions and routines help build the bond between you and your baby when they arrive!

#1130

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## Two at a Time

Emotions are cues for what we think or need. It is common to feel different emotions at the same time. Notice two things you may be feeling right now, even if they seem like opposites. “I am happy AND tired.” Or “I am nervous AND excited.” Talk to a friend or loved one about what these different emotions may be telling you.

Suggested Age

Expecting - 3 months

## Brainy Background



As a parent, you read your baby’s cues to learn what they need. When you tune in to your own emotions and what they may mean, you are practicing a different type of cue reading! Science tells us that when we practice curiosity like this, we teach our children how to understand their own thoughts and feelings.

#1131

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## Our Shared Story

At mealtime, invite everyone to tell your baby a story. Start by sharing family memory. “One summer, we all went to the beach.” Go around the table and ask what others remember. Encourage them use their primary language when they talk to your baby. Soon, your table will be full of smiles and a new memory to share!

Suggested Age

Expecting - 3 months

## Brainy Background



Your child loves to learn from all the special people in their life. This includes their siblings, grandparents, and other adults! When you tell family stories, you help your child begin to learn language and who they are. You also get the chance to reflect on your own connections and history.

#1169

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## Through Your Eyes

Look down at your baby during feeding time. Are they already looking up at you? Eye contact is a simple, powerful way to connect and build your newborn’s brain! Babies learn by watching your face, especially your eyes.

Suggested Age

Expecting - 3 months

## Brainy Background



Babies are naturally drawn to faces from birth. Their vision is still developing, but they can see your face clearly when you hold or feed them. When you look into your baby’s eyes, you help them focus and learn how faces show our feelings.

#1170

Learn more at [vroom.org](https://vroom.org)

## Say It With A Smile

Think about something your baby does that makes you happy. Can they see that joy in your face? Next time your baby does something that makes your heart light up, show them with a big smile. Your happy face tells them, "You matter to me," even before they understand words.

Suggested Age

Expecting - 3 months

## Brainy Background



Babies learn a lot by looking at your face. When you smile at your baby, they see that they are safe, loved, and important to you. This helps their brain grow and builds a strong bond between you and your child.

#1171

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## Breathing Break

Is your day feeling busy or stressful? Science tells us that just a few deep breaths can signal to your brain that you are safe. Slowly breathe in through your nose and out through your mouth. Try to do this three times. Notice how your brain and body feel.

Suggested Age

Expecting - 3 months

## Brainy Background



This is a reflection tool you can use at home or on the go. Even a few moments of deep breathing are shown to lower stress and help us focus. Small moments of calm like this can make a big difference in how you feel and parent.

#1172

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## Helping Hands

Use today to make a Helping Hands list. Write down names of people in your life and one thing they could help you with. Who could help with groceries? Who could go on a walk with you? Keep this list somewhere, like on your phone or in a notebook, for when you need a helping hand.

Suggested Age

Expecting - 3 months

## Brainy Background



By planning ahead for when you will need help, you are preparing your brain for stressful moments. This will help your brain stay focused when you do need help. Reflecting on your personal connections also helps you feel grounded and supported as a parent.

#1173

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## What Do You Do

When you look at your baby, what do you notice? Are they moving their lips? Wiggling their fingers? Making a funny face when they sneeze? Think back to what you imagined your baby would be doing at this age. Your days may—or may not—be filled with more naps, yawns, and tiny stretches than you expected.

Suggested Age

0 - 3 months

## Brainy Background



In the early months, newborns are not the giggling, smiling babies we see on social media or TV. It may not seem like your baby is doing much, but science shows their brains are making millions of connections. Each time you respond to their small cues, they learn they are safe and loved. And, they will be smiling back and laughing with you before you know it.

#1145

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## Your Song

Think of a song you like. Maybe it's one from your childhood or one that makes you smile. It doesn't have to be a kid's song! Try singing it to your baby during the same time each day, like during diaper changes or before a nap. How do they respond?

Suggested Age

0 - 3 months

## Brainy Background



Research shows that singing helps calm you and your baby. It also builds your baby's brain and early language skills. It might feel a little silly at first, but your voice is your baby's favorite sound. They can recognize it from birth! Singing helps them feel close to you and starts to build a routine they can count on.

#1146

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## Baby Clues

Your baby is always giving clues about what they need. Watch how they move, look around, or make sounds. Do they smack their lips when they are hungry? Do they turn their head away when they're full? Notice what happens when you follow their cues next time.

Suggested Age

0 - 3 months

## Brainy Background



Figuring out your newborn's cues and what they mean can feel like a guessing game at first. But you'll get the hang of it! Your baby can't use words yet, but they're still communicating to you in their own way. The more you follow their cues, the more you and your baby learn about each other—and the stronger your bond grows.

#1147

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## This or That

Babies cry to tell us what they need or feel. Next time your baby cries (which will probably be soon!), try a new way to soothe them. This could be saying something new or rocking them a different way. How do they respond? Then, go back to what you normally do. Do they respond differently to what you know they like?

Suggested Age

0 - 3 months

## Brainy Background



Crying is one of your baby's first ways to communicate before they can use words. The more you watch and follow their lead, the more you will understand what your baby needs. This helps you build a close, trusting relationship with your baby.

#1148

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## All About My Day

Your baby loves getting to know you. Make the most of this by talking about yourself and what you're doing. You might say, "I am making breakfast." Or "I am putting on your socks." Your baby knows your voice and loves to listen to it. Keep going throughout your day and watch how your baby responds to the sound of your voice.

Suggested Age

0 - 3 months

## Brainy Background



Your baby is learning about the world by listening to you. Even though they can't talk yet, they know your voice and feel comforted by it. When you talk to your baby about what you're doing, it grows language connections in their brain. Your words and voice help your baby feel safe, loved, and ready to learn.

#1149

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## Sing What You See

Do you ever talk to your baby in a slow, stretched-out voice? Your baby loves when you talk in this sing-song way! When your baby is lying down, talk about what they may see. "Do you see the faaan? It's spinning aroooooound and aroooooound." Notice how it feels to use this voice. It's OK if it feels silly or odd at first!

Suggested Age

0 - 3 months

## Brainy Background



Babies are tuned in to the rhythm and tone of voices. Science says babies love your voice as their parent. So go ahead – narrate your day, sing a silly song, or tell your baby about your favorite sports team or book. It not only builds your bond – it boosts your baby's language development!

#1150

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## Senses Learner

Newborns learn through their senses. It's never too early to talk about how things feel. Talk to your baby about how things feel on their skin: "Your onesie is soft." "The cream is cold." See how they react and continue the conversation: "You like the warm water in your bath!"

Suggested Age

0 - 3 months

## Brainy Background



When you talk back and forth with your child about how things feel on their skin, you're introducing them to new words and feelings. This helps make new connections, which is how they start learning to use these words themselves in the future.

#1151

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## Look at You!

Hold your baby close to your face and look into their eyes. As they look back, smile and talk with them. Do what they do. If they blink, you blink. If they look left, you look left. This eye game is a fun way to learn about each other!

Suggested Age

0 - 3 months

## Brainy Background



Your baby's vision is still developing. Newborns see faces best at 8-12 inches away: the perfect distance for cuddling and feeding. When your child looks at you, and you respond, they're making new connections in their brain. When you look at each other and react to each other, the bond you have is growing stronger.

#1152

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## Song Soother

When your child seems fussy, try singing a rhyme or a song. Do they calm down when your voice is quiet, or do they respond to big smiles and an enthusiastic voice? Try different rhymes and songs to find their favorites. These can even be your favorite songs!

Suggested Age

0 - 3 months

## Brainy Background



When you respond to your child's movements and sounds, you build a trusting relationship that supports future learning. By staying curious and learning cues, you show them you care and understand them. You also teach them ways to deal with stress while building a love of language.

#1153

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## One More Song

At naptime, sing to your baby in a calm voice. Pay attention to how they tell you they want more. Do they look up at you? Relax their body? Move? How does your baby say “enough?” Cry? Turn away? When you respond to these cues, you’re having a conversation!

Suggested Age

0 - 3 months

## Brainy Background



Learning and responding to your child’s cues is how you build a bond. Singing not only helps your baby learn language, but it helps them learn what it feels like to calm down. This is an important life skill!

#1154

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## Good Night Baby

As you put your baby down for a nap, talk softly about what you see. “I see your ears. Good night ears. I see your eyes. Good night eyes.” Then talk about what they may see. “You see the fan. Good night fan.” If they make sounds or coo, repeat them (“Good night coos”).

Suggested Age

0 - 3 months

## Brainy Background



When you talk about what you both see, you practice seeing from your baby’s perspective. This helps you learn what your baby needs and how they communicate. It also shows your baby you love and understand them!

#1155

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## A Kiss Goodnight

At bedtime, give your baby kisses on different parts of the face, like on their forehead, nose, cheeks, or ears. Count the kisses out loud and name each body part as you go. Watch how they respond, like moving their body or making a sound. As they get older, you will be able to count kisses together.

Suggested Age

0 - 3 months

## Brainy Background



Your baby learns about the world by paying attention to the things you focus on. When you kiss their nose and describe what you’re doing, you’re helping them feel loved as well as learn new words. It’s never too early to start exploring math and numbers by counting out loud with your baby!

#1156

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## I Love, I Feel

As you feed your baby, share what you love about them and how it makes you feel. “I love your smell. It makes me feel proud to be your parent.” Keep sharing what you are thinking or feeling. Even if it doesn’t look like it on the outside, on the inside, your baby is feeling loved and secure!

Suggested Age

0 - 3 months

## Brainy Background



Your baby knows your voice from birth. When you talk to them about what you love about them, you help them feel safe and cared for. This sweet moment is also a chance to reflect on how this special bond makes you feel, too.

#1157

Learn more at [vroom.org](https://vroom.org)

## Language Listening

Your baby is ready to learn in any language! Talk to them throughout the day about what you’re doing. “Daddy is putting on his socks!” If you speak more than one language, use both. You’re connecting with your baby and building connections in their brain!

Suggested Age

0 - 3 months

## Brainy Background



When your baby listens to your talk, they begin to learn different sounds and rhythms. Hearing more than one language helps children build a flexible brain for language learning. Speaking in your language(s) can also boost your communication skills and confidence.

#1174

Learn more at [vroom.org](https://vroom.org)

## What I Need

It can be hard for our brains to focus when we are tired or stressed. See if you can name one task where you’d like help. “I need help cleaning the dishes.” Or “I need someone to hold the baby so I can shower.” It is OK to be specific when you ask for help.

Suggested Age

0 - 3 months

## Brainy Background



Asking for help is an important skill for parenting. Support from trusted people in your life helps your brain feel less stressed. Babies can also sense when their caregiver is calm and safe—this security helps their brains grow strong too.

#1175

Learn more at [vroom.org](https://vroom.org)

## Ride the Wave

Feelings come and go like waves. Just like your baby's cries, overwhelming feelings won't last forever. When you feel a strong emotion, see if you can name where it is on the "wave." Is it rising, at its peak, or on its way down? What does that feel like in your body? Wherever it is, remember that it will pass eventually.

Suggested Age

0 - 3 months

## Brainy Background



Taking time to focus on your feelings is good for you and your baby. This can help you stay calm and give your brain more space to care for your little one. Kids also watch how parents deal with big feelings. When parents use tools like this to tune in to their emotions, kids learn to do the same.

#1176

Learn more at [vroom.org](https://vroom.org)

## Your Moment

You can't control your baby's fussiness, but you can control how you respond. Pause and feel your feet on the floor. Remember that it is OK to place your baby somewhere safe, like their crib, and walk into another room to take a few deep breaths. Notice how you feel after you step away. Then return and pick up your baby. You can do this.

Suggested Age

0 - 3 months

## Brainy Background



When you pause before you react, your brain has time to slow down and use critical thinking. This is important when you are feeling overwhelmed or frustrated. Taking just a moment for yourself helps you understand your feelings. It also helps you respond to your child in a calmer, more caring way.

#1177

Learn more at [vroom.org](https://vroom.org)

## Tired Tells

In the early days of parenthood, routines don't come right away. It takes a while for newborns to get on a nap schedule. Today, notice how your baby tells you they are ready to sleep. Do they yawn? Rub their eyes? Say, "You are telling me you are tired. It's naptime!" This is the start of building a nap routine over time.

Suggested Age

0 - 3 months

## Brainy Background



When you name your child's cues, you are showing them you understand their needs. This helps them feel safe and loved. Being flexible helps you find ways to build routines and know they will just take time.

#1178

Learn more at [vroom.org](https://vroom.org)

Ready, Set, Vroom: Tips for Expecting and Newborn Parents



Learn more at [vroom.org](https://vroom.org)

## Grow and Grow

You and your baby are growing together! It's normal to feel like you have a bath routine down, only for it to no longer work the next day. As you stay flexible and try new things, find one fun thing to keep the same, like a silly song or kiss on the nose. Notice how your baby responds to this ritual, even if bathtime looks different than before.

Suggested Age

0 - 3 months

## Brainy Background



Your baby's brain is growing at an incredible rate right now. If they change their likes or needs, it's not because you did anything wrong. In fact, when you follow their needs and change with them, you are showing them they are loved and safe. Keeping a fun ritual can further strengthen your bond.

#1179

Learn more at [vroom.org](https://vroom.org)

## Soothing Success

As a parent, you are building skills to help soothe your child. Take a moment to make a list of things you know help calm your child down, like rocking, lullabies, or going for a walk. Next time they are fussy, go down the list and see what soothes today. Keep trying if the first one doesn't work out. That's OK!

Suggested Age

0 - 3 months

## Brainy Background



When you stop and think about what worked before, it's easier to adapt and make a new plan. It also helps your brain learn and grow, so next time you are met with a challenging moment, you will be even more ready!

#1180

Learn more at [vroom.org](https://vroom.org)

## Sibling Superpower

Ask your older child how they want to help with the baby today. If they don't know, give them a couple ideas to choose from. While they're helping out, chat about what they're doing and encourage them. "You brought me the burp cloth. You are a super sibling!"

Suggested Age

0 - 3 months

## Brainy Background



Children love to be shown they matter. By asking your older child to help with the baby, you are showing them they are valued and important. They will be excited to use their "superpower" again in the future and build a bond with their sibling.

#1181

Learn more at [vroom.org](https://vroom.org)

## Happy to See You!

The next time your baby coos at you, respond with a warm, friendly tone. “Oh, hello! I’m happy to see you too!” Wait and see if they make another noise or facial expression. How long can you keep a little exchange going? Even this quick, back-and-forth moment helps build their brain!

Suggested Age

0 - 3 months

## Brainy Background



Back-and-forth moments like this are one of the most powerful ways to build your baby’s brain and yours! Early “conversations” like this support language more than just the amount of words your baby hears. When you respond to your baby’s coos, you are also growing your own communication skills. These skills will be used throughout parenthood!

#1182

Learn more at [vroom.org](https://vroom.org)

## Helloo Baby

Have you ever noticed yourself using a warm, sing-songy voice when you talk to your baby? This common style of speech is like a superfood for your baby’s brain. Try it out tomorrow morning. “Helloooo babyyy! Tiiiime for a clean diaper! Clean diaper tiiiime.”

Suggested Age

0 - 3 months

## Brainy Background



With this sing-songy voice, your speech is slower, and the repeated words and extended vowel sounds makes it easier for your baby to learn language. Not only that—they love it! Talking like this can help you connect with your baby, and maybe even inspire your baby to share one of those precious early smiles.

#1183

Learn more at [vroom.org](https://vroom.org)

## Hello Down There

During tummy time, try getting down on the floor right next to your baby. Imagine what they are seeing from their perspective. Is it your face? Or maybe the pattern on the carpet? In a warm voice, narrate what they might be seeing and feeling in that moment. “Are you looking at the blue carpet? It’s so soft! And you are working so hard to hold up that head. Good job!”

Suggested Age

0 - 3 months

## Brainy Background



Understanding what other people might be thinking or feeling is one of the skills that gets a boost in parenthood. Practicing noticing what your baby might be seeing or experiencing is a wonderful way to connect with your baby, support their development, and build your brain.

#1184

Learn more at [vroom.org](https://vroom.org)

Ready, Set, Vroom: Tips for Expecting and Newborn Parents



Learn more at [vroom.org](https://vroom.org)

## Crying Cues

During the newborn stage, crying is the main way babies communicate. Next time your baby cries, say out loud what they may be telling you. "You are letting me know you need a diaper change. I hear you. Thank you to for telling me!" Watch how they respond to your voice.

Suggested Age

0 - 3 months

## Brainy Background



When you name what your baby's cries mean, you are practicing responsive care. This means you are growing skills to communicate with your little one and respond to their needs. Moments like this help your baby feel safe, secure, and loved.

#1185

Learn more at [vroom.org](https://vroom.org)

## Walking in the Door

A simple routine goes a long way. After a long day at work, tell your baby you're home with a forehead touch, kiss, or even a song. You may already have a routine you do! Notice how your baby reacts to your special way of saying hello. They are telling you they feel safe and loved.

Suggested Age

0 - 3 months

## Brainy Background



When you connect with your baby through small routines, you build a foundation for love and learning. It is OK to be busy! Even a few seconds together can let your baby's brain know you care.

#1186

Learn more at [vroom.org](https://vroom.org)

## Shake Out the Sillies

Has it been a rough morning? Relieve some stress by shaking out the sillies! As your family is getting ready, take 30 seconds to shake different body parts together. Go back and forth about what part to shake next. You can even wave your baby's arms and legs to have them join in the fun. As you leave, say, "Goodbye sillies!"

Suggested Age

0 - 3 months

## Brainy Background



This activity isn't just fun. Moments like this are shown to reduce the feelings of stress in our brains and bodies. When you move together and say goodbye to the "sillies," you are helping your family focus and reset.

#1187

Learn more at [vroom.org](https://vroom.org)

## Check!

Mornings can feel like a hectic checklist. Give yourself a small win by adding a fun routine to start your days. Maybe it's the same nurse rhyme while getting dressed. Or counting fingers when feeding. Even if nothing went "right," you can still check off a small moment that built your bond and told your baby you love them!

Suggested Age

0 - 3 months

## Brainy Background



Days can look different and unpredictable with a newborn. By keeping even a small morning ritual, you are showing your baby they are safe and secure. This also helps you when you are staying flexible and adapting to whatever the morning brings.

#1188

Learn more at [vroom.org](https://vroom.org)

## Routines for Me

Caregiving routines aren't just for baby! Today, reflect on how routines support you, too. Can you be flexible if you need a break? Do your routines also include things you enjoy? What about making time to check in on your feelings? Think of one thing you can do tomorrow just for yourself.

Suggested Age

0 - 3 months

## Brainy Background



Routines help people of all ages learn. Reflecting on your caregiving routines helps you understand your emotions and what you need. This helps teach your baby to understand their own emotions, too.

#1189

Learn more at [vroom.org](https://vroom.org)

## Color Talk

Turn your next walk into a Color Talk. Talk to your baby about what colors are around you in a sing-song voice. "The sky is bluuue. You'll like blue!" Or "The leaves are such a preeetty green." You can even hold a leaf or rock near their face to help them see. Keep naming colors and see what grabs your baby's attention!

Suggested Age

0 - 3 months

## Brainy Background



You newborn's vision is still developing, but they love to hear your voice! When you talk to your baby about the colors around them, you are helping them build language skills and get ready for a future Color Talks together!

#1190

Learn more at [vroom.org](https://vroom.org)

## Laundry Looker

Sorting laundry can be a fun game to support your newborn's development. Right now, they love to look at light and dark colors. Do you have any black-and-white clothes, like a shirt or sock? Hold it close and talk to your baby about what they may see. "The shirt is white and the dots are black!" Notice how they respond, like staring or cooing.

Suggested Age

0 - 3 months

## Brainy Background



This fun activity doesn't require any fancy toys or tools! All it takes is what you already have at home. When you think about and discuss what your baby sees, you are using your relationship skills to understand your baby's perspective. Putting words to what they see also strengthens their language skills.

#1191

Learn more at [vroom.org](https://vroom.org)

## Love You Lullaby

Naptime can be a wonderful moment for a bonding routine. As you put your baby to sleep, tell them what you love about them. "You are so sweet. Daddy loves you just the way you are." Add action, like a kiss on the forehead or a touch on the nose. As your child gets older, they will get to show you their likes, dislikes, and personality. These are all things to love!

Suggested Age

0 - 3 months

## Brainy Background



As your child gets older, this routine can become a conversation, and they get to share the ways they love you! When you start a ritual like this today, you are planning for a future sleep routine. This will help your child know what to expect and transition to naptime in the future.

#1192

Learn more at [vroom.org](https://vroom.org)

## You Learn, I Learn

Early parenthood is all about learning, both for you and your baby! At bedtime, talk about what you both learned that day. "You learned how to make a new sound: ahh." Then share what you learned, no matter how small it may feel. "I learned a good way to wipe you while you're wiggling." Tomorrow, see how many learning moments you notice.

Suggested Age

0 - 3 months

## Brainy Background



Reflecting on what you learned today helps you strengthen and reinforce new skills. As a parent, you may not notice how much you are learning and growing every day. Celebrating learning moments with your baby builds your bond. You are each other's #1 brain builder!

#1193

Learn more at [vroom.org](https://vroom.org)

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## Thank You Cues

Babies don't just communicate through cries and coos. Take time to notice their non-verbal cues. Maybe they burp or spit up a little to tell you you've done a good job burping them. Or they relax their body after a diaper change. Your baby can't say "thank you" quite yet, but it is helpful to see the ways they tell you this with their bodies!

Suggested Age

0 - 3 months

## Brainy Background



By following your baby's Thank You Cues, you are learning and celebrating when you are meeting your child's needs. What works today may look different than tomorrow. When you practice reading cues, you start to see what works (or doesn't) in the moment. This is flexible thinking in action!

#1194

Learn more at [vroom.org](https://vroom.org)

## Down the Aisle

As you take your child through the market, point to the main products in the aisles you use at home. "Here are the veggies. Should we get some? Do you see the paper products? There they are. We need some paper towels."

Suggested Age

0 - 12 months

## Brainy Background



When your child goes on a tour down the aisles with you, they're making new connections in their brain between what they see and the words you use. As you go back and forth, you're helping them learn to make sense of their experiences.

#273

Learn more at [vroom.org](https://vroom.org)

## Kangaroo Care

Try snuggling your baby close to you on your chest. Allow their skin to touch yours as much as possible. Any time you have a peaceful, private moment together works. You could try right after feeding or changing your child. These are great times for bonding.

Suggested Age

0 - 12 months

## Brainy Background



Holding your baby close to your body helps them feel calm and comforted. Skin-to-skin time can help your child in lots of ways! It's been shown to help them with their temperature regulation, weight gain, heart rate, and blood pressure. It also helps lower your own stress and can help you feel connected.

#1118

Learn more at [vroom.org](https://vroom.org)