

# Brain builders for your child

## Birth to 8 months



### Tummy Drum

When your child is on their back, gently pat their tummy. Sing a favorite song and tap along to the beat on your baby's tummy. Try patting fast and slow. Do they smile or kick? Keep going as long as they seem to be having fun.

### Brainy Background™

When you share different sounds and sensations with your child, you're introducing them to concepts of math, rhythm, and music. Connecting with them by touching and talking helps them feel safe and taken care of, laying a strong foundation for learning and growth.

Tip # 455  

### In the Bag

Before you go out, grab some safe things for your child to play with and put them in a bag. While you're waiting, reach into the bag and talk about what you find. "This is something for you to chew on. Here's a rattle for you to hold. Let's shake it!"

### Brainy Background™

Talking about what's "In the Bag" is interesting to your child and will help them build their vocabulary and their brain. Speak in full sentences. It's okay to use words they don't know yet. That's how they learn!

Tip #237  



Learn more about early childhood development and Vroom® here!

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### Dressing Discoveries

As you dress your child, share their delight in discovering their fingers and toes. Wiggle your fingers next to theirs. Touch their tiny toes gently as you talk about them. Pause and give them time to see and move these parts of their body.

### Brainy Background™

You invite your child to focus when you call their attention to their fingers and toes. This is an important skill in listening and learning.

Tip # 472  

### I See What You See

Get on your baby's level and look at the world through their eyes. What might they see while lying on their back or tummy? Notice what they're looking at. Point at it and use words to describe what they're seeing. You could say, "You see the couch." Or, "There's the table." Listen to their reaction and respond by talking about what you see too.

### Brainy Background™

Did you know that pointing at what your baby sees is a critical part of helping them learn language? Describing what interests them helps them learn new words and begin to practice paying attention. Way to go, brain-builder!

Tip #155  



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