

# Brain builders for your child 18 - 36 months



## Daily Moments

When you get your child ready for bed, talk with them about your favorite moment of the day. Turn it into a story to help them tune-in. Tell them why it was your favorite moment. Watch them and respond to their reactions with a smile, kiss, or a soft touch.

## Brainy Background™

When you share these experiences with your child, you're helping them learn how to understand you and others. They're also learning how to relate to others' thoughts and feelings. This is a critical skill for learning and life.

Tip # 320  

## Clean Up Song

As you clean, sing a song with your child about what you're doing. "I am dusting the chair" or "I am picking up toys that fill you with joy." You can use silly voices, rhymes, or sing to the tune of a favorite song. Invite them to help if they're old enough. Hand them their own dust cloth. Or, encourage them to pick up toys with you while you sing a song together!

## Brainy Background™

A song about what you're doing will catch your child's attention. It'll help them make connections between sounds, sight, and meaning. Children are especially curious about new things and curiosity is a very important part of learning.

Tip #400  



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### Yes Places

Your child needs places they can explore without hearing “No.” Give them things they can use to learn safely, like cardboard or wooden spoons. Child-proof spaces or “Yes Places” also let you say “Yes.” When you save your “No’s” for when you really need them, it helps your baby learn what “No” really means.

### Brainy Background™

For your baby to learn what “No” means, try not to use it so often. Babies need to explore - it’s how they figure out the world and how it works. “Yes Places” help them learn and help you save “No” for when you really need it. It might help them learn to say “No” less often, too!

Tip # 1053  

### Cuckoo Clock

Hold your child facing you and gently sway them back and forth, saying: “Tick tock, tick tock, little cuckoo clock. Now it’s striking one! Cuckoo!” Bounce them up and down once. Now have the clock strike two, saying “cuckoo” twice and bounce twice. Add more verses with higher numbers!

### Brainy Background™

By supporting your child when bouncing up and down, you’re helping them explore body movements. As they get older, this skill will develop so they can control behavior, pay attention, and follow the rules.

Tip #998  



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