

Mississippi La Leche Vroom Tip™ Collection

FEEDING MEMORIES (AGES 0-1)

Vroom Tip: When breastfeeding or giving your child a bottle, use that time to tell him/her a story of something happy you remember from your childhood. When your child has finished eating and responds to your voice, make the same sound back to him/her.

Brainy Background: Your voice is your child's favorite sound. Even though your child can't say words yet, he/she is listening and learning what sounds go together in words, which is an important foundation for language later on.

MEALTIME DETECTIVE (AGES 0-1)

Vroom Tip: How does your child tell you that he/she is hungry? Does he/she fuss? Turn his/her head toward the bottle or breast? Look at you? How does your child tell you he/she has had enough? Does he/she turn away? Stop eating? Push away? You can be a detective. Look for the clues and talk to your child about what you think the clues mean.

Brainy Background: When you try to understand what your child is trying to tell you and then respond, you are having a back and forth conversation. This is one of the most important ways you can build on and extend his/her learning. It's a big step to help him/her become a lifelong learner.

MEALTIME MELODIES (AGES 0-1)

As you feed your child today, sing softly and watch how they respond. If they like it, smile and sing even more. If they make some sounds when responding to you, add their sounds to your song so you can make Mealtime Melodies together.

Brainy Background: When you sing with your child and respond to their reactions, you're engaging them in learning about sounds and words. This leads to their learning new sounds and words, which will help them learn to talk and read in the future.

SKIN SENSATIONS (AGES 0-1)

Vroom Tip: Talk to your child about how things feel on their skin: "Your shirt is soft." "The wind is cold." "The ice cube is slippery." See how they react and continue the conversation: "You like the warm water in your bath!"

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 are the foundation for learning to use these words themselves in the future.

SING SONG VOICE (AGES 0-1)

Vroom Tip: Is your child making lots of sounds? Talk back to them by repeating their sounds or describing what they're doing, using a sing-song voice. Do they respond by kicking their feet, waving their arms or making more sounds? Together, you're telling your own story!

Brainy Background: Children's brains are wired to hear you talk in a sing-song voice. When you talk slowly and stretch the sounds out in a musical way, their eyes light up and their heart rates increase. Toddlers who hear sing-song voices smile more often—proof that YOU are making connections and building a brain!

SHARING THE STORY (AGES 0-1)

Vroom Tip: When you're reading something yourself or with your child, let him/her explore it with all of his/her senses. Allow him/her to touch, pat, hold, and even taste (if it's clean) what you're reading. Describe his/her actions like, "You're patting the picture of the kitty cat. Meow!"

Brainy Background: Children learn through touching, feeling, and putting everything into their mouths. As you talk about his/her experiences, you help your child make connections between words, pictures, and objects. You not only share the story, you share your joy in reading with him/her.

SINGING TIME, CALMING TIME (AGES 0-1)

Vroom Tip: As you're putting your child to bed rock them gently and sing softly to them. Pay attention to how they tell you they want more singing. Do they turn their head toward you? Smile? Move? What do they do to say "enough"? Cry? Turn away? Take note of how to respond to their cues now and in the future!

Brainy Background: Singing to your child before bedtime is like a calming conversation using music. You sing, they respond, you respond etc. They're learning how it feels to calm themselves, which is an important life lesson.

A CHANGING CONVERSATION (AGES 0-1)

Vroom Tip: When you're changing your child, make a funny sound. How do they respond? By smiling? Kicking their legs? Making a sound? Try a new sound and see what they do. Keep adding new ones to the mix!

Brainy Background: Back and forth conversations can happen even without words. You're teaching your child about how conversations work. First one person speaks, then the other. This is an early and important lesson about the pleasure and skill of communicating—a skill that's important in school and in life.