



## **Training Package for Parent Webinar “Vroom® A Tool to Promote Brain Building Moments™”**

### **Outline and Objectives:**

*In Part 1 of this Mississippi Thrive webinar series we learned about the science of early brain development and the impact of early childhood experiences on lifelong outcomes, and in Part 2 we learned about how to mark our little one’s developmental milestones.*

*In Part 3 we learned some tools and strategies to support the positive behaviors we want to see from our children.*

We encourage you to check out our other webinars in this series! This Part 4 webinar may be viewed with the other webinars or presented on its own.

**Vroom is an initiative that can make a positive impact even in the earliest years of life. Vroom takes the science out of the lab and puts it into the hands of parents and caregivers. Vroom translates this leading research on early brain development into meaningful activities that layer onto a family’s everyday life.**

**At the end of the “Vroom A Tool to Promote Brain Building Moments module, families will be able to:**

- 1. Recognize how Vroom is built around bonding experiences between a child and a caregiver.**
- 2. Be familiar with the science behind Vroom and the Brain Building Basics™.**
- 3. Be aware of how to access Vroom Tips™ through one of the various offered modes.**

### **Session Handouts:**

- [1. Vroom Brain Building Basics Flyer](#)
- [2. Vroom Info Card](#)

Vroom Handouts are available in a multitude of languages by visiting [www.vroom.org](http://www.vroom.org)

## Facilitator Steps for Family Activity Session:

1. Introduce the Session by sharing the introduction on page one as well as the specific objectives for the session.
2. Discussion option: Do you sometimes feel like things are too hectic to ensure that you are having enough one on one quality time with your child (ren)?  
Use this time to discuss with parents what their thoughts are after watching that video. This is an excellent opportunity to truly empower caregivers into understanding they already have all it takes to build their child's brains! Explain that Vroom was meant to layer onto to what they are already doing rather than being something extra.
3. Play Webinar Video
  - Activity option: Stop the webinar after the "Anatomy of a Vroom Tip" explains each element that is included. Have adults pair up and try doing a Vroom Tip activity together. Point out the importance of keeping the activity going and highlight the back and forth interaction as participants do the activity. You can use the example included here or pick your own from [www.vroom.org](http://www.vroom.org).



**Letter Lookout:**  
Pick a letter with your child and try to find it everywhere you go. Take turns calling it out when you see it. If they see an apple for the letter A, then you have to find something next. See how many things you can find. Four? Ten? More?

**Brainy Background:**  
"I Spy" games like this one are great for brain builders. They make your child aware of their environment and teach them to make connections between similar things. You can try this game with letters, colors, shapes - anything really!

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MISSISSIPPI THRIVE!  
**CHILD HEALTH**  
DEVELOPMENT PROJECT  
CHILDREN OF MISSISSIPPI AND MISSISSIPPI STATE UNIVERSITY

4. Close session by asking families:
  - What is the most important thing you learned during this Vroom presentation?
  - How can Vroom help you make the most out of your moments as a family?
5. Answer questions parents may have.
6. Pass out session handouts and encourage families to refer to these handouts as tools to remind them what you talked about.
7. Encourage parents to take a moment to download the app or Vroom by text service before they leave.
8. Inform families of the topic and date for the next Family Activity Session

#### **Facilitators / Teachers:**

- During your regular staff meetings, discuss how your childcare center team could build Vroom Tips into your lesson plans to take place during downtime, wait time, or as a brain break activity. Discuss how Vroom Tips could be shared on parent newsletters or even as part of a home to school connection. Also, consider using Vroom Tips as interactive games for parent nights and family nights. Lastly, consider using the Kindergarten Readiness Vroom Tip collection as a resource to bridge activities with your center or preschool and the local school district. You can find the Kindergarten Readiness Vroom Tip Collection at [www.vroom.org](http://www.vroom.org).

#### **Training Tips and Lessons Learned:**

- Walk around the room and facilitate discussion and practicing the Letter Lookout Vroom Tip.
- If you feel comfortable doing so, share a personal story about a specific adult caregiver in your life who made a difference in your life as you inspire parents that they already have all it takes!