

## Window Watching (2.5–3 years)

**Vroom Tip:** Look out the window for big things and little things. Take turns with your child, saying, “I see something big.” And then name it. Do the same thing with something little. Ask them to go next and see how many things you can find together!

**Brainy Background:** When you’re “Window Watching,” your child is practicing paying attention, focusing on an idea, and forming categories. These thinking skills are important for problem-solving.

## Category Convos (2–3 years)

**Vroom Tip:** Tell your child about a favorite food. Ask them to name a food they like that’s in the same category, like fruit, but different. Keep count of how many different things you both like in the same category. Play the same game with something else, like clothes!

**Brainy Background:** This game is teaching your child about categories; things that are the same in important ways, though different in others. They’re also learning about your likes and dislikes compared to theirs, helping them learn about other people.

## Lot or Little (2.5–3 years)

**Vroom Tip:** Look at the world around you and call your child’s attention to things you see like people, cars, buildings, or animals. Point to them and ask them, “How many do you see?” “A lot or a little?” When they understand the rules of the game, invite them to take the lead. Then take turns!

**Brainy Background:** Young children are born with a sense of numbers. Estimating is one of the first things they can do. Even though older children sometimes begin to believe they aren’t good at numbers, playing “Lot or Little” helps them stay comfortable with this inborn sense.

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For 2–3 year olds



Thrive while you ride!

### Child Author (2.5–5 years)

**Vroom Tip:** Start telling a story with your child: “Once upon a time there was a beautiful person who lived in a castle.” Ask them, “What do you think this person did today?” They might say, “She played!” You continue, “What did she play with?” Keep the story going based on their responses.

**Brainy Background:** Telling ongoing stories with children can become a loving tradition that they will remember and cherish all of their lives. It’s skill building too. This is a great way to use imagination and build their memory and vocabulary.

### Snack Senses (2–4 years)

**Vroom Tip:** Take turns with your child coming up with words that describe what they’re eating. If they have a carrot ask, “What does it look like?” They might say, “orange,” and you might say, “pointy.” Keep the conversation going with questions like, “What does it feel, smell, and taste like?” or “What does it sound like when you eat it?”

**Brainy Background:** When you use lots of different words with your child, you help them build their vocabulary and connect words with what they mean. They’re also practicing tuning out distractions to focus on one thing. These are important skills for learning to read.

### Animal Game (2–3 years)

**Vroom Tip:** Here is a fun guessing game while waiting. Start with, “I’m thinking of an animal.” Then give your child clues to help guess what animal it is. For example, “I’m thinking of an animal who lives in our house and is black.”

**Brainy Background:** Playing games like this help develop what scientists call “working memory.” They are using working memory to remember names and details. It also turns waiting-time into a fun time for learning!

### Stop and Explore (18 months–3 years)

**Vroom Tip:** When you’re out, find a safe spot to let your child explore. Get down to see the world from their point of view. Touch the dirt or the pavement. Do you notice a small creature crawling by? Talk together about what you see and refer back to it later that day.

**Brainy Background:** Talking back and forth about what your child sees, hears, and feels helps them connect their world to words. It also adds new words to their vocabulary. When you bring it up again later and think back, you help them get better at remembering.

### Finger Telescope (2–3 years)

**Vroom Tip:** Make a telescope with your hands. Circle your fingers and hold them to your eye and look at your child telling them, “I see you!” Show them how to make their own finger telescope. Take turns looking through the finger telescope and sharing what you see.

**Brainy Background:** This simple game is not only fun, it gives your child the chance to pay attention to their surroundings and think flexibly as they see familiar people and things in a new way. Being flexible is a big part of problem-solving and making the most out of life.

### Five Senses Sampler (1–5 years)

**Vroom Tip:** Food can exercise your child’s five senses! Let them taste a piece of the food and ask how it tastes, then have them smell it and tell you what they smell. Talk about the shape of it and how it feels to the touch. You can smell and taste it too.

**Brainy Background:** The more your child can experience the world through their senses, the more they’ll learn.

### Use Your Words (2–3 years)

**Vroom Tip:** Does your child get upset and start to cry or whine? Gently remind them to use their words to say what is bothering them or what they want. If they’re too upset to talk, try to guess what they want to say until they let you know you got it.

**Brainy Background:** Helping your child learn to use words to share upset feelings is one of the best tools you can give them. This helps your child managing these feelings and express them in ways that others can understand and responded to.