

ALL TOGETHER NOW

Vroom Tips™ to support Kindness, Community, & Diversity

TOPIC: FEELINGS

Picture Detective

2 years - 4 years

Encourage your child to be a picture detective. Look at a picture in a book or magazine. It can even be in a newspaper or in an ad on a bus or train. Talk about the picture together. Can you find certain objects? Ask questions like, "Look at that boy's face. How do you think he feels?"



Brainy Background

Pictures help your child make connections and to understand that words have meaning. Having them look closely builds focus and self-control. The example here also helps them learn to recognize other people's feelings.

Today's Feelings

3 years - 5 years

Ask your child to talk about their day using feeling words like happy, excited, and sad. Try questions like, "Was there a time when you felt frustrated today?" Ask them to make faces that express these feelings. Share your day as well.

Brainy Background

When you take time to talk about feelings with your child in fun ways every day, you make your relationship stronger. You're helping them connect feelings and actions, too. Once your child understands their emotions, they can better relate to others.



Peek-a-Mood

12 months - 3 years

Does your toddler shout "No!" whenever they're angry? Naming their feelings can help. In a calm moment, try this. Cover your face and then reveal a big expression. It can be angry, surprised, or happy. Ask your child to guess the feeling. Take turns. Talk about times you have each felt that way.



Brainy Background

Your child can learn to manage angry feelings. Putting words to emotions lets your child share with you how they feel. Through practice, your child can learn to recognize and express their feelings. They can also learn to understand how other people might feel.

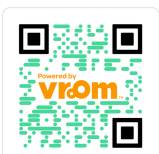
Face Off

4 years - 5 years

Make a face that expresses a feeling. Ask your child to make a face that shows the opposite feeling. If you make a happy face, they should make a sad face. Chat about when they remember people making these faces. Take a selfie or draw a picture together with your goofiest faces to stretch the moment!

Brainy Background

Mirroring the emotions of others helps your child learn empathy. It can also help them express their own feelings. These are essential skills that we use every day as adults!

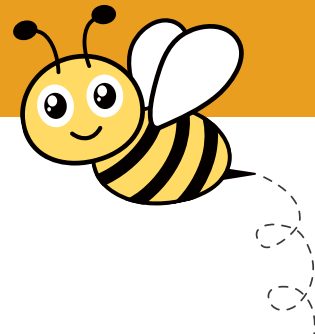


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TOPIC: HELPING

Handy Helpers

2 years - 5 years

In the morning, take turns being "Handy Helpers." Help each other find a pair of socks, pour milk, or zip up a jacket. Ask your child, "Will you please help me ___?" Then invite them to ask you for help. It's a nice way to start the day!

Brainy Background

Taking turns helping one another gives your child practice communicating and helps them explore the idea that people have different wants and needs.



Sweep Together

2 years - 3 years

Include your child in common chores. For example, start with, "It's time to sweep! Can you hold the dustpan for me?" Then, let them dump the dirt into the trash. Don't be surprised when they ask you to hold the dustpan for them. Go back and forth. Taking turns is how they learn best and makes them feel included.

Brainy Background

Not only is your child learning by copying you, but they're also learning by doing. They're also figuring out how things work—that things get dirty and need to be cleaned up. More importantly, they're learning to be helpful and considerate.



Cleaning Together

12 months - 2 years

Turn cleaning into a game. Give your child a clean, almost-dry sponge and ask them to help you wipe off a surface you're cleaning. Ask them to wipe it clean in long lines from top to bottom. Then try making a zigzag. Then circles. See what they think of too!

Brainy Background

Doing grown-up work can make your child feel very proud of themselves and their accomplishments. In addition, they're learning how to take care of the things in their life and is also learning new words too!



Tell Me a Tale

4 years - 5 years

Look for something you see that could start a story. It could be a picture or an object. Begin with "Once upon a time, there was a" Encourage your child to continue the story. Take turns adding to it. It doesn't matter if the story makes sense, as long as you're having fun.

Brainy Background

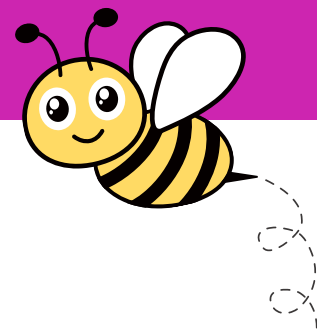
Having fun with stories is a great way for your child to learn and use many different words. When you make up the story together, your child is practicing working together creatively. They're also using their memory to remember what has already happened in the story.



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TOPIC: APPRECIATING DIFFERENCES

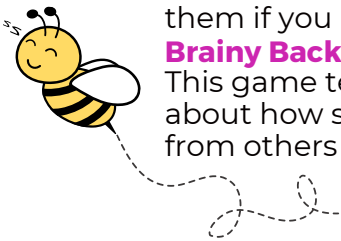
Food Favorites

2 years - 3 years

As you go shopping, point out some of your favorite foods to your child and see if they like them: "I love bananas, do you?" Then invite them to point out a favorite food. Tell them if you like it. Play back and forth as you move down the aisles.

Brainy Background

This game teaches your child that people have different likes and dislikes. Thinking about how someone else might feel differently than them will help your child learn from others and form better relationships.



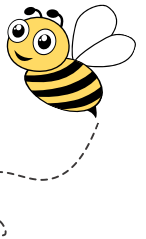
Mealtime Check-In

3 years - 5 years

When eating together, invite your child to think about their day by asking, "What was the best part of your day?" Have each person at the table answer. Then ask, "What was the worst part of your day?" Go around the table again. Share your day with them and encourage them to ask others.

Brainy Background

When your child hears about your day, they begin to learn how to understand another person's point of view. This is an important skill for life. They're also practicing the back-and-forth of conversation and thinking about their own day. This builds family connections and makes mealtime fun.



Category Convos

2 years - 3 years

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.



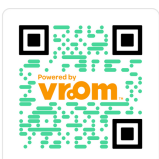
Who am I?

3 years - 5 years

Acting out in public can be tough for everyone. Help your child be more aware of their behavior by playing pretend. When children pretend, they have to think on their feet and not go on autopilot. Can they imagine they're someone different? Maybe someone old or in a wheelchair? Ask your child questions about this person. What would they do, think, or feel?

Brainy Background

Pretending can help your child see that the way they act impacts other people. This can help them control themselves. It also helps them to listen and understand others. When they try to see the world from someone else's point of view, they develop empathy. This can also help them learn respect.

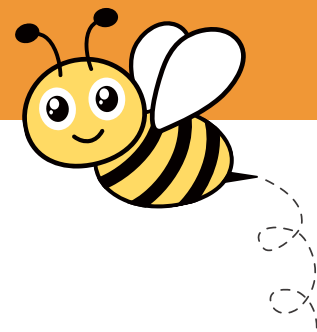


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TOPIC: INTERACTING WITH OTHERS

Dancing Feet

12 months - 2 years

Sing, or turn on music, and dance with your child! See if they can copy what you do with your feet. Try stomping one foot three times. What do they do? Copy their moves and build on them by adding a jump or going on tiptoe. Do they do it too? Keep the dance going!

Brainy Background

This kind of conversation with movement is one way for your child to learn about the importance of listening and responding when interacting with others. They're also practicing the life skills of focus and self-control as they copy your actions.



Practice Positivity

4 years - 5 years

Practice saying things in new ways with your child. Take turns saying something negative, then try to talk about the same thing positively. For example, "I don't like loud noises" can become "I like quiet sounds."

Brainy Background

This game is a good way to practice describing things and people in different ways. They're practicing language skills and how to see things from someone else's point of view. These skills are helpful in having good relationships now and in the future.



Nice to Meet You

2 years - 3 years

Is your child nervous around new people? Try playing pretend with a stuffed animal or a sock as a puppet. Pretend to be the animal and introduce yourself to your child. You can say, "Hi. I'm Bear. What's your name?" Let the conversation continue back and forth. Remind your child that it is fun to meet new friends!

Brainy Background

When you let your child pretend to meet someone new, you give them a chance to practice this skill. When someone new comes into their life, they can remember the game you played. Children learn through play, pretend, and practice.



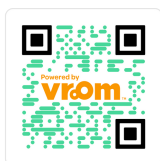
Hide and Peek

12 months - 3 years

Is your child afraid of new people? Play Hide and Peek! Hide your face behind a pillow or crouch behind a chair. Now ask your child to find you. Let them move the pillow or find your hiding place. Take turns, laugh, and have fun with this joyful game.

Brainy Background

Knowing you're there, helps your child feel safer with new people. Games like Hide and Peek remind your child that you're still there, even when they can't see you. By practicing, they learn to manage their feelings and be more confident.

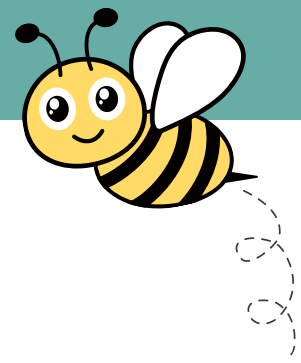


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TOPIC: TAKING TURNS

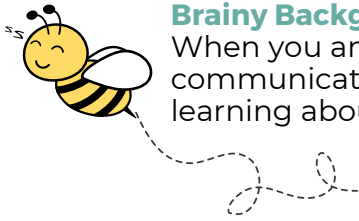
Feed Me!

8 months - 2 years

Encourage sharing and taking turns by asking your child to feed you, too. After they take a bite say, "My turn!" Open your mouth and see if they'll give you a bite. Say, "Thank you!" and then prompt them to take a turn. They will love having a turn at being in charge!

Brainy Background

When you and your child take turns, you're modeling the back-and-forth of communication, which will help them as they learn to talk and read. They're also learning about relating to others in a fun way.



Turn Tower

3 years - 4 years

Take turns stacking things with your child to build a tower. Say, "My turn," as you stack one and then, "Your turn," as they do. Eventually, stop using words. Do they keep taking turns? Try to playfully break the rules and take two turns. What do they do?

Brainy Background

You're showing your child the importance of working together as you build, while also asking them to focus to make sure the tower stays up. They're also using their memory to keep track of whose turn it is, without your words to guide them:



Play-By-Play

2 years - 3 years

When your child grabs, pretend you're a sportscaster and report on what you see. "you're grabbing the toy, but your friend wants it too. He seems angry. Here is another toy. I am giving it to you. Look, now you have a toy, and so does your friend."

Brainy Background

You can help your child learn to take turns. Describing what you see helps your child connect words to actions. It also shows them how their actions can make other people think or feel. You can show your child different solutions. This will help them learn to solve their own problems in the future.



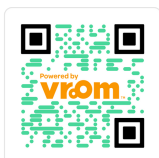
Let's Take Turns

2 years - 3 years

Is your child grabbing toys? During a calm moment, invite them to take turns with you. Use a toy to practice and explain. "I am holding the toy now because it is my turn. Would you like a turn? Now you have the toy. It is your turn. It's fun when we take turns!"

Brainy Background

Practicing taking turns when things are calm shows your child how it feels to share. This can help them remember how to share in harder moments. Children learn through practice.



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