

3 Year Visit



Tell

Use clear language when asking your child to do something. Explaining why and how, like “don’t run into the street because the cars can’t see you” also helps your child understand how to behave throughout the day.

Imagine

Help your child use their imagination during difficult moments. You can ask them to imagine being a superhero or imagine themselves in a favorite place or doing a special activity. Teaching them how to do this will help them handle challenges and calm down in the future.

Praise

Give lots of positive attention to your child when they are behaving well. They want your attention and if they get it by behaving well, they will do it more and more. Your approval is so important to them and makes a huge difference in their development.

Turns

Taking turns is much easier than sharing! Model for your child how to take turns and ask for a turn when they want one.

Feel

Your child is learning that different people have different thoughts and feelings. You can play the “What’s the feeling” game to practice.

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Feelings on Display

Invite your child to show you how they feel with their face and body. Say something like, “Show me how you feel when you eat a delicious apple.” Or, “what do you look like when you’re excited to see your friends?” Show them how you look when you have those feelings.

Suggested Age

Vroom is not a diagnostic tool. For more info ask your child’s doctor.

2 years - 4 years

Brainy Background™



Together you’re exploring how feelings look on our faces and bodies. This helps your child better understand themselves and others. Understanding the feelings of others, even when they’re different from ours, helps us all get along well.

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