



# Taking on Challenges

## Vroom Tip™ Collection

### AT ARM'S REACH (0-12 MONTHS)

Vroom Tip: Encourage your child to move and stretch. Put them on their tummy on a blanket on the floor and place a soft, safe object in front of them saying, "Here's your soft bear!" Put it down just out of their reach. Talk about their efforts: "You're working so hard to reach your toy!"

Brainy Background: Your child is more likely to keep trying when focused on a clear goal they care about. By encouraging them to try, even when things are hard, you're preparing them to take on challenges in life.

### GO BABY GO! (6 MONTHS – 18 MONTHS)

Vroom Tip: When your child begins to crawl, pull up, and eventually walk, celebrate their efforts with positive actions and words. Say things like: "You did it!" "You used your hands to reach your toy!" or "You're working so hard to move your body!" Make sure to clap and smile!

Brainy Background: When you praise your child's efforts to do things that are hard, you're showing them your support while encouraging them to take on challenges. Children who take on challenges do better in school and in life.

### PEEK-A-MOOD (12 MONTHS – 3 YEARS)

Vroom Tip: 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.

### CHANGE UP CHALLENGE (1-3 YEARS)

Vroom Tip: Is it hard for your child to change gears? Moving from one task to another can be a challenge. Work together to come up with a special routine. For example, each time you move from reading-time to another task, you can give each other a kiss, a hug, and a high five. Before you know it, they will be starting the change-up routine!

Brainy Background: This activity helps support your child in coming up with ways to manage their feelings. You're helping them learn to use self-control in a hard moment. This ability is essential for learning, making friends, and problem solving.

### **NEW TO YOU (2-3 YEARS)**

Vroom Tip: When they are playing, help your child do things they haven't done before. Try out the swings or the slide at a playground, or even feel the different textures on the ground. As long as they're safe, let them try new things, with a helping hand if they need it. How do they respond? Celebrate what they say and do!

Brainy Background: Giving your child the chance to do safe things by themselves helps them feel confident and to learn to take on challenges.

### **STRESS BUSTERS (2.5 – 5 YEARS)**

Vroom Tip: During a calm moment, invite your child to think of ideas to help when they feel stressed. They can try using words to explain feelings, hitting something that can't be hurt, or counting numbers. See what works and brainstorm new ideas.

Brainy Background: Asking your child to think of ideas to help manage stress helps in several ways. They can learn to manage their feelings and behavior. You're also helping them learn to take on challenges.

### **HOW MANY WAYS? (2-5 YEARS)**

Vroom Tip: Choose an object in your home, like a used paper towel roll, and challenge your child to see how many different ways they can use it. It can be a telescope, a tunnel for something small, or a musical instrument like a horn. What other items can they find around the house to explore? Take turns!

Brainy Background: Thinking of lots of new ways to use an object challenges your child's imagination. This calls on flexible and creative thinking, important skills in life and in school.

### **FEELINGS CHART (2-5 YEARS)**

Vroom Tip: You can help your child manage their feelings by making a Feelings Chart together. Use drawings or photos of faces with different expressions. Label each one with a feeling. Ask your child to show you on the chart how they're feeling. Then ask them to name the feeling.

Brainy Background: Feelings can be hard to manage. A chart can help children understand different feelings. When they choose how they're feeling on the chart and then name it, it can help them manage the feeling, too. Building this skill will help them learn to manage their feelings in the future.