

Taking on Challenges

Vroom Tip™ Collection

YES PLACES (0-3 YEARS)

Vroom Tip: Your child needs places they can explore without hearing "No." Give them things they can use to learn safely, like cardboard or wooden spoons. Child-proof spaces or "Yes Places" also let you say "Yes." When you save your "No's" for when you really need them, it helps your baby learn what "No" really means.

Brainy Background: For your baby to learn what "No" means, try not to use it so often. Babies need to explore - it's how they figure out the world and how it works. "Yes Places" help them learn and help you save "No" for when you really need it. It might help them learn to say "No" less often, too!

HIDE AND PEEK (12 MONTHS – 3 YEARS)

Vroom Tip: 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.

NO WORDS (2-3 YEARS)

Vroom Tip: Are you teaching your child to use words to express their feelings? As you're out and about, ask them to notice animals, which don't use words, and see how they express what they want. Does the dog bark or stare at you? Ask them what they think the dog is trying to say.

Brainy Background: You can help your child learn to communicate with words and in other ways by noticing how animals communicate without words. Use what they notice to ask questions and help them think like a scientist, applying what they see to their own life.

ONE PLAY AT A TIME (2-3 YEARS)

Vroom Tip: Does your child take out too many toys at once? This can make them (and you!) feel overwhelmed. Watch them play. When they lose interest in a toy, help them put it away before taking out the next one. "I see you want to play with something else. Let's put this one away first. Then we can play with that one."

Brainy Background: When you pay attention as your child plays, you can help them learn to put away one thing before taking out another. This helps them learn focus and self-control. They learn by listening to you, watching you, and copying you. They will feel calmer when things are more organized. And you will, too!

ONE MORE TRY (2-5 YEARS)

Vroom Tip: If your child gives up easily, show them how to try again. You can say, "I can't find my hat." Then add, "One More Try! I found it!" Celebrate and reflect on what happened. "I tried again, and I did it!" The next time they want to give up, try saying, "One More Try!" in a fun and positive voice.

Brainy Background: Giving something "One More Try" is easy. It can help your child learn to tackle a job a little bit at a time. Learning not to give up can take time, so try to be patient and make it fun! Sticking with tasks will help your child when they try to learn new skills and reach goals.

CALM DOWN KIT (2.5 - 5 YEARS)

Vroom Tip: Use an empty shoebox or other container to make a "Calm Down Kit" with your child. Have your child put special items inside that help them feel secure and relaxed. When they are feeling upset, remind them to use their kit. They even can decorate the box to make it their own.

Brainy Background: It helps to make a "Calm Down Kit" before upset feelings happen. You're helping your child plan for how to handle stress so they can take action in a difficult moment. This gives them more control. It also builds skills important to tackling challenges.

WHEN I GET MAD (3-5 YEARS)

Vroom Tip: Is it hard for your child to control angry feelings? When things are calm, invite your child to act out what they do when they feel angry, like stomping or yelling. Discuss other choices they can make, like taking a deep breath. Do some practicing so they are ready for the real thing!

Brainy Background: Children learn through play and practice. When you pretend with your child, they can think about how they might act when they feel angry. When your child shares their ideas, they learn that they can manage their feelings, and that they have choices about how to act.

DAILY CHALLENGE (4-5 YEARS)

Vroom Tip: At bedtime, encourage your child to share their day with you. Ask: "What was something that didn't go the way you expected today? How did you feel? What did you do?" Give them time to answer and respond to how they feel. Share your own day with them and talk about how you handled the day's challenges.

Brainy Background: When you ask your child to take a step back and remember their day, you're helping them learn to reflect on experiences and communicate about them. By sharing your own strategies for taking on challenges, you're modeling this skill for them.

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.