



Vroom Activities: Ages 0-1

Whether it's mealtime, bath time or anytime in between, there are so many great ways to help build your child's brain. This PDF has a few brain building activities for ages 0-1. Print them out, put them on your fridge, cut the cards out and put them in your purse - whatever helps to remind you that these great moments are all around you in the things you already do.



Three Hands

Hand your child a toy for his/her right hand and then give him/her one for his/her left. Then give him/her a third. How does he/she respond? Try to hold it with his/her hands that are already full? Talk to your child about what he/she might be thinking about holding the different toys.

Ages 0-1



Brainy Background powered by Mind in the Making

This simple game is a fun way to watch your child's thinking change over time. Even before he/she walks, he/she is beginning to be able to come up with new strategies to help him/her solve problems.

For more activities like these, check out the free Daily Vroom mobile app!



Bat It

Hold a small toy over your child's head as he/she lies on his/her back wearing his/her fresh diaper. Make a soft noise and jiggle the toy. Does he/she bat at it with his/her hands? Try to kick it? Answer his/her actions with another sound and gentle jiggle.

Ages 0-1



Brainy Background powered by Mind in the Making

As you play this fun game with your child, he/she is learning to pay attention and to pursue a goal: hitting the toy with him/her hands or feet. It's amazing to think that a baby so young is already developing thinking skills he/she will use the rest of his/her life.

For more activities like these, check out the free Daily Vroom mobile app!



A Changing Conversation

When you're changing your child, make a funny sound. How does he/she respond? By smiling? Kicking his/her legs? Making a sound? Try a new sound and see what he/she does. Keep adding new ones to the mix!

Ages 0-1



Brainy Background powered by Mind in the Making

Back and forth conversations can happen even without words. You are teaching your child about how conversations work. First one person speaks, then the other. This is an early and important lesson about the pleasure and skill of communicating—a skill that's important in school and in life.

For more activities like these, check out the free Daily Vroom mobile app!



Mirror Mirror

Does your child wiggle when you change his/her diapers? Do you have an unbreakable mirror or something where your child can see himself/herself? Give him/her this to hold and talk about what he/she is looking at: “I see you looking at your nose!”

Ages 0-1



Brainy Background powered by Mind in the Making

Babies learn their senses. When your child sees his/her face and you talk about his/her nose and other body parts, he/she is making connections between words and objects, which lays the foundation for reading in the future.

For more activities like these, check out the free Daily Vroom mobile app!



Daily Discoveries

What is your child doing? Reaching for a toy? Hitting two blocks together to make a sound? As he/she discovers his/her world, pay attention, smile and use words that he/she will learn someday: “You reached out your fingers and got your toy.”

Ages 0-1



Brainy Background powered by Mind in the Making

When you pay attention to what your child does and share his/her delight in doing and learning, you are starting him/her on the path to become a lifelong learner.

For more activities like these, check out the free Daily Vroom mobile app!



Share a Stare

As you hold your child and look into each other’s eyes, make a silly face or sound. How does he/she respond? With twinkly eyes? A smile? A laugh? Try it again but do something different. This is the beginning of a lifetime of laughs to share together.

Ages 0-1



Brainy Background powered by Mind in the Making

This back and forth game of sharing a laugh is anything but silly. It is an important building block in your child’s ability to enjoy and communicate with other people. It also deepens your relationship with one another – and it’s fun!

For more activities like these, check out the free Daily Vroom mobile app!



Skin Sensations

Talk to your child about how things feel on his/her skin: “Your shirt is soft.” “The wind is cold.” “The ice cube is slippery.” See how he/she reacts and continue the conversation: “You like the warm water in your bath!”

Ages 0-1



Brainy Background powered by Mind in the Making

When you talk back and forth with your child about how things feel on his/her skin, you are introducing him/her to new words and feelings. This helps make new connections, which are the foundation for learning to use these words himself/herself in the future.

For more activities like these, check out the free Daily Vroom mobile app!



Hand Power

There are so many things your child can do with his/her hands. He/She can clap, pat, reach, hold on and throw. What else can he/she do? Talk to him/her about his/her hand power and all the things he/she can do!

Ages 0-1



Brainy Background powered by Mind in the Making

When you connect what your child is doing with words, he/she is learning about these words, even before he/she can talk. The best way to learn new words is through a back and forth conversation. If he/she claps, you clap and say: “You can clap! Hand power!”

For more activities like these, check out the free Daily Vroom mobile app!



Playtime Poems

When your child makes a sound, turn it into a rhyme. If he/she says “Eee,” say, “Eee rhymes with WE and we are we together.” How many funny poems can you make with the sounds he/she is making? It is fun for him/her and helps him/her listen to sounds.

Ages 0-1



Brainy Background powered by Mind in the Making

Your child is a natural learner. When you watch what he/she is doing and follow his/her lead, you can begin to build his/her learning by adding your ideas. When your child is responded to, his/her brain is active which increases learning.

For more activities like these, check out the free Daily Vroom mobile app!



Sing Talk

Instead of talking as usual, try singing in a different voice. For example, it is very funny to sing about getting dressed. Sing “I am sliding on my shirt, jumping in my pants” in a low voice. You and your child can use familiar tunes and make up your own words.

Ages 0-1



Brainy Background powered by Mind in the Making

When you are having fun, it is likely your child will be having fun too. When you put new words into tunes and describe what you are doing, you are helping your child make new and unusual connections. These types of connections promote creativity.

For more activities like these, check out the free Daily Vroom mobile app!



Shopping Switcharoo

Try to imagine what your child is seeing when he/she is with you at the grocery store. Watch him/her and describe what you think he/she may be seeing. When he/she is looking at fruit, talk about what it is and how it tastes. Same thing when you walk down the pasta aisle.

Ages 0-1



Brainy Background powered by Mind in the Making

When your child sees you watching him/her and hears you talking about his/her experiences, he/she is making new connections in his/her brain between what he/she is seeing and the words you are using. As you go back and forth, you are teaching your child he/she is valued.

For more activities like these, check out the free Daily Vroom mobile app!



Big Kids

When you're in the park with your child, look for the “big kids.” Sit your child on your lap or move his/her stroller so you can watch them and talk about what you are seeing. “Those kids are playing hide and seek like you will one day!” “Now they are playing tag.”

Ages 0-1



Brainy Background powered by Mind in the Making

Watching and talking about “big kids” gives your child the chance to practice gathering information about other people by watching. As your child gets older, he/she will want to imitate kids on the swings or going down slides. For now, watching and talking are fun.

For more activities like these, check out the free Daily Vroom mobile app!



Did You Hear That?

When you're in the park, ask your child, "Did you hear that?" each time you hear a sound. Imitate the sound out loud and make gestures to go along with it. Invite him/her to make the sound too.

Ages 0-1



Brainy Background powered by Mind in the Making

You are giving your child practice being able to hear differences in sounds. This is an important skill for enjoying and learning language so he/she can communicate well with others.

For more activities like these, check out the free Daily Vroom mobile app!



Drop the Ball

Turn your trip to the park into a chance to "Drop the Ball." Give your child something to hold onto and drop, like a ball or a crumbled piece of paper. If you pick it up, your child will drop it again. "Down it falls. Up it comes." Keep up the game with new objects!

Ages 0-1



Brainy Background powered by Mind in the Making

Building your child's ability to use his/her hands is important. He/She will use this ability at home, at play, and at school in the future. In addition, he/she is learning to pay attention and to have self-control—also key skills for life.

For more activities like these, check out the free Daily Vroom mobile app!



Eeny Meeny

While you wait, put three safe small objects on your lap. Play "eeny meeny, miny, moe" as you point to them and then hand your child the one you land on. Then let him/her take the lead and ask you for one of the objects. See if he/she can point and play as well!

Ages 0-1



Brainy Background powered by Mind in the Making

"Eeny Meeny" gives your child practice listening and controlling his/her behavior to give you the right object. When you follow his/her lead, he/she feels competent, which opens the door to being an explorer and learner.

For more activities like these, check out the free Daily Vroom mobile app!



Sound Off

Turn waiting for an appointment into a “Sound Off.” Make different sounds like a whisper, peep, ding, or roar. Pause after each sound so your child can respond. Does he/she smile? Look at you? Make a sound himself/herself? Try a new sound. Keep going back and forth!

Ages 0-1



Brainy Background powered by Mind in the Making

This back and forth conversation with sounds gives your child practice listening and helps him/her learn to notice differences in sounds, the foundation for language development and communicating with others.

For more activities like these, check out the free Daily Vroom mobile app!



In the Bag

Before you go to an appointment, grab some things for your child and put them in a bag. While you’re waiting, reach into the bag and talk about what you find. “This is a teething ring for you to chew on. Here’s a rattle for you to hold. Let’s shake it!”

Ages 0-1



Brainy Background powered by Mind in the Making

Talking about what’s “In the Bag” is interesting to your child and will help him/her build his/her vocabulary and his/her brain. Speak in full sentences. It’s okay to use words that your child doesn’t know yet. That’s how he/she learns!

For more activities like these, check out the free Daily Vroom mobile app!



Singing Laundry

When you are doing laundry, sing about every step, putting in detergent, closing the door, folding the clothes, etc. Watch your child and copy the sounds he/she makes so you can create a song together. This is fun and puts a new spin on this chore.

Ages 0-1



Brainy Background powered by Mind in the Making

When your child hears new sounds and sees you respond to the sounds he/she makes, he/she is focused and engaged. When your child is focused and engaged, he/she is learning new words and sounds that will help him/her learn to talk and read in the future.

For more activities like these, check out the free Daily Vroom mobile app!



Laundry Pointing

As you do laundry, let your child know what you are doing: “I’m putting white clothes in the washer so they will be clean.” As you say the words, point to the objects (clothes, washer, soap). When your child responds, continue the conversation by talking and pointing.

Ages 0-1



Brainy Background powered by Mind in the Making

You are helping your child learn new words by talking and by pointing. Also look at what you want your child to pay attention to, and then he/she will learn even more.

For more activities like these, check out the free Daily Vroom mobile app!



Mealtime Detective

How does your child tell you that he/she is hungry? Does he/she fuss? Turn his/her head toward the bottle or breast? Look at you? How does your child tell you he/she has had enough? Does he/she turn away? Stop eating? Push away? You can be a detective. Look for the clues and talk to your child about what you think the clues mean.

Ages 0-1



Brainy Background powered by Mind in the Making

When you try to understand what your child is telling you and then respond, you are having a back-and-forth conversation. This is one of the most important ways you can build on and extend his/her learning. It is a big step to help him/her become a lifelong learner.

For more activities like these, check out the free Daily Vroom mobile app!



Spoon Pick Up

When your child drops his/her spoon on the floor (and he/she will!), pick it up and give it back to him/her saying, “The spoon is falling down, down, down!” How long does it take till he/she drops it again? When he/she does, talk about falling down again.

Ages 0-1



Brainy Background powered by Mind in the Making

Make sure you feel comfortable with what your child throws on the floor so it’s not annoying. This game, which all babies play, is the beginning of their understanding a cause (dropping a spoon) and effect (the spoon falling). You are helping him/her learn this by connecting words to his/her actions.

For more activities like these, check out the free Daily Vroom mobile app!



Colorful Meal

As you feed your child, put a bright dishcloth, towel or scarf over your shoulder. Does he/she notice it? Does he/she look back and forth between your face and the colors? Talk to your child about the different colors or patterns as he/she does.

Ages 0-1



Brainy Background powered by Mind in the Making

A “Colorful Meal” creates a change of scene that invites your child to notice the details of what is going on around him/her. Paying attention is an important skill for learning.

For more activities like these, check out the free Daily Vroom mobile app!



Mealtime Melodies

As you feed your child today, sing softly and watch how he/she responds. If he/she likes it, smile and sing even more. If your child makes some sounds in responding to you, add his/her sounds to your song so you can make “Mealtime Melodies” together.

Ages 0-1



Brainy Background powered by Mind in the Making

When you sing with your child and respond to his/her reactions, you are engaging him/her in learning about sounds and words. This leads to his/her learning new sounds and words, which will help him/her learn to talk and read in the future.

For more activities like these, check out the free Daily Vroom mobile app!



What Are YOU Thinking?

What is your child looking at? “Yes, those are my shoes. And that is my hat. Do you want to try on my shoes and hat? I’ll help you!” Take turns! “Can you put my hat on my head? Now try your head. Look it is too big!”

Ages 0-1



Brainy Background powered by Mind in the Making

Your child is learning about what clothes belong to you, and what belong to him/her, and he/she is learning the concepts of small and big. When you laugh about putting your hat on their head, you are also promoting their sense of humor.

For more activities like these, check out the free Daily Vroom mobile app!



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Lip Lesson

As you dress your child, copy the sounds you hear him/her make, like “ah, eee, ooo, bee, dee.” How does your child respond? As you make a sound, place your child’s fingers on your lips so he/she can feel the vibrations and movements of your lips. Try different sounds as you do!

Ages 0-1

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Brainy Background powered by Mind in the Making

Touching and listening to sounds fosters your child’s interest in listening and communicating. It’s never too early to begin playing back and forth with sounds. It won’t be long before you are having back and forth conversations with real words.

For more activities like these, check out the free Daily Vroom mobile app!



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High in the Sky

After changing your child, lift him/her up and give him/her a chance to look around. Then safely in your arms, turn around or lift him/her up and down. Let your child enjoy the new view and talk with him/her about what he/she is seeing. Is your child looking at the window or the shelves?

Ages 0-1

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Brainy Background powered by Mind in the Making

Moving in space will catch your child’s attention and interest as you give him/her time to take in different views of the world. You are showing your child the pleasure of new discoveries, a step on the path of becoming a life-long learner.

For more activities like these, check out the free Daily Vroom mobile app!



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Dry Dance

As you dry your child, rub his/her fingers and toes one at a time. Name each one as you dry them and do a little dance! When you dry a pinky, shake your hand. When you dry his/her toe, stamp your foot. Make up a new move for each little finger and toe!

Ages 0-1

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Brainy Background powered by Mind in the Making

Being a part of the “Dry Dance” with you helps your child become more aware of his/her body, not to mention your playfulness and love. A loving, caring relationship with you supports your child’s developing brain and thinking.

For more activities like these, check out the free Daily Vroom mobile app!



Bath Routines

Create fun and simple bath routines with your child. For example, every time you feel the temperature you can say “splish splash!” When the bath is over, shake the wash cloth saying “Shake, shake.” Look for ways to add to the bath routine.

Ages 0-1



Brainy Background powered by Mind in the Making

Regular routines marking the steps of bathing help your child know what to expect and what’s coming next. If you use these words in other ways (shaking salad dressing or drying dishes), you are helping your child apply what he/she has learned to new situations.

For more activities like these, check out the free Daily Vroom mobile app!



Diaper Song

When you are changing your child’s diaper, sing about what you are doing. Watch your child and copy the sounds he/she makes so you can create a song together. Your song plus his/her sounds can become your own “Diaper Song” for changing time!

Ages 0-1



Brainy Background powered by Mind in the Making

When your child hears new sounds and he/she sees you respond to the sounds he/she makes, he/she can become focused and engaged. This enables your child to learn new words and sounds that will help him/her learn to talk and read in the future.

For more activities like these, check out the free Daily Vroom mobile app!



Blowfish

After you change your child, puff up your cheeks like a blowfish and then place his/her feet on your cheeks to push the air out till you go “pop!” What other sounds or faces can you make together—like sticking out your tongue? Can your child copy some of these?

Ages 0-1



Brainy Background powered by Mind in the Making

The back and forth game you are playing with your child in making faces and noises may seem silly, but it’s not! Your child is learning to watch you and respond, which are essential components for the skill of communicating now and in the future.

For more activities like these, check out the free Daily Vroom mobile app!



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It's a Bird, It's a Plane!

During snack time, tell your child his/her snacks are airplanes and make them “fly” around until he/she opens wide so you can land them in his/her mouth. Make plane noises and talk about whether it is flying high, low, or in circles.

Ages 0-1

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Brainy Background

powered by Mind in the Making

Your child is learning to focus by watching you bring his/her food to his/her mouth. As he/she learns to feed himself/herself, he/she can also pretend his/her food is flying into his/her mouth.

For more activities like these, check out the free Daily Vroom mobile app!



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Hand Talk

Show your child how to tell you he/she is feeling hungry by thumping his/her hand on his/her mouth or rubbing his/her belly. If you do this over and over and then give him/her food while saying the word “hungry,” your child will pick up the symbol and learn to talk to you with his/her hands.

Ages 0-1

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Brainy Background

powered by Mind in the Making

Children can express themselves with their hands (for example, by pointing) long before they can use words. Helping your child learn to use “Hand Talk,” will help him/her learn to communicate with words in the future.

For more activities like these, check out the free Daily Vroom mobile app!



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Snack Talk

When you're having a snack, talk with your child about what you're doing. “When I bite an apple, it makes a crunch sound. When you have teeth, you'll eat apples too.” If your child responds or reaches for it, let him/her touch it. “It feels smooth, doesn't it?”

Ages 0-1

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Brainy Background

powered by Mind in the Making

When you talk to your child, the part of his/her brain that processes sound lights up, helping him/her make sense of what he/she's hearing. It also sparks the action part of your child's brain, which gets him/her ready to say words. Although your child can't talk yet, this simple activity is helping him/her learn to how to talk!

For more activities like these, check out the free Daily Vroom mobile app!



Slow Dance

Play your favorite slow song and hold your child while you dance together. How does he/she respond to the feeling of dancing? What about the sound of the music? Respond to what he/she does. Laugh if he/she laughs or make the same sound. Enjoy this special moment.

Ages 0-1



Brainy Background powered by Mind in the Making

Dancing together is a back and forth conversation—using movement not words—that deepens the connection between you two. It also allows your child to use his/her senses—hearing, touch, sound, sight—his/her primary way of learning about the world at this age.

For more activities like these, check out the free Daily Vroom mobile app!



Toe Tales

As you sit with your child, hold his/her feet and touch each of his/her toes, making up a story about each one. The small one is a little piglet that goes “oink oink!” The next one is his big brother, etc. Keep going and respond to what your child does and says!

Ages 0-1



Brainy Background powered by Mind in the Making

When your child hears words and feels your touch, he/she is making connections in his/her brain between words and actions. When you respond to what your child does and says, it helps him/her to develop the foundation for talking and reading.

For more activities like these, check out the free Daily Vroom mobile app!



Shake, Bang and Roll

When your child picks up something, encourage him/her to shake, bang and roll. How many different ways does he/she explore an object or toy? Does he/she touch it? Shake it? Bang it? Taste it? As your child does, talk to him/her about what he/she is doing, “You shook the rattle and made a sound.”

Ages 0-1



Brainy Background powered by Mind in the Making

This activity helps your child learn about the world. Sit and watch him/her and be ready to step in if needed to keep him/her safe and happy. You are helping him/her become a lifelong learner.

For more activities like these, check out the free Daily Vroom mobile app!



Face-to-Face Time

You can talk to your child about anything! Use his/her name as you share face time. Your attention is like a hug from the inside that helps him/her focus and feel calm and settled. Pay attention to what is happening around your child and talk to him/her about it.

Ages 0-1



Brainy Background powered by Mind in the Making

Your child is learning he/she can count on you to help him/her feel calm and settled. It is a big part of trust and helps him/her begin to learn to settle himself/herself.

For more activities like these, check out the free Daily Vroom mobile app!



Saw the Sign

Look for signs that your child is ready to play today. Does he/she look at you and kick his/her feet? Make funny sounds? Reach out his/her arms to you? Try to “read” your child’s actions and follow his/her lead, making eye contact and talking to him/her as you do!

Ages 0-1



Brainy Background powered by Mind in the Making

When you “read” your child’s signals and follow his/her lead, you are having a back and forth conversation. Going back-and-forth, building on what your child does and says is one of the most important ways you can support his/her learning – today and in the future.

For more activities like these, check out the free Daily Vroom mobile app!



Sound Sensor

Play with your child by using your voice and/or household items that make a sound. Bang a pan or hum as you move around the house and change locations. Watch your child move his/her head to follow the sound. Smile and talk with him/her when he/she figures out where the sound is coming from.

Ages 0-1



Brainy Background powered by Mind in the Making

When your child is learning to follow where sounds are coming from, his/her brain is activated and is making connections between his/her body and his/her environment. These connections prepare your child for future learning.

For more activities like these, check out the free Daily Vroom mobile app!

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Favorite Sounds

Choose a few objects that make noise: keys, phone ringer, musical toy, etc. Show your child each object and then let it sound. Tell your child the object's name and what it does. When he/she responds, do another sound. Go back and forth. See which one he/she likes best.

Ages 0-1

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Brainy Background powered by Mind in the Making

When your child watches you, the object and the sound, he/she is using his/her focus. When you respond to your child by offering another sound and interacting, he/she is engaged and his/her brain is actively learning new words, sounds and reactions.

For more activities like these, check out the free Daily Vroom mobile app!

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High Fivers

Create special gestures with your child, like high-fives. When he/she accomplishes something like pulling himself/herself up into a standing position or feeding himself/herself, give him/her a five, while saying "high five!" Soon your child will learn these words and know what to do.

Ages 0-1

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Brainy Background powered by Mind in the Making

Gesture talk like this teaches your child to connect words with actions and helps him/her learn new words too. Children who see lots of gestures are likely to learn to talk better. What other special gestures can you create with your child?

For more activities like these, check out the free Daily Vroom mobile app!

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Babbling Baby

Does your child babble or make lots of sounds? This is a first step in learning to speak. Set these sounds to music. If he/she is saying "Ba, Ba, Ba," sing this sound to "Ba, Ba, Black Sheep" or another tune. Watch his/her eyes light up. Guess what? His/Her brain lit up, too!

Ages 0-1

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Brainy Background powered by Mind in the Making

Your child will love the fact that you are singing along with him/her. By doing so, you and your child are having a conversation with sounds, helping him/her listen carefully and copy you. This gets him/her ready for conversations with words, which will lead to better reading skills.

For more activities like these, check out the free Daily Vroom mobile app!



Here I Am!

Not holding your child at the moment? Talk with him/her as you move around the room, telling him/her, “Here I am!” Does your child move his/her eyes? Turn or lift him/her head to look for you? When your child “finds” you, give him/her a big smile, again saying, “Here I am!”

Ages 0-1



Brainy Background powered by Mind in the Making

Your child is especially interested in the important people in his/her life and from birth on, he/she is able to follow what he/she sees and hears. As your child tracks you, reinforce this discovery by telling him/her where you are.

For more activities like these, check out the free Daily Vroom mobile app!



Where’s Your Hand?

Put one of your child’s socks on his/her left hand, saying, “Where’s your hand?” How does he/she respond? Wave his/her hand? Look at it? Next, put it on the right hand. Does he/she respond in the same way or do anything differently?

Ages 0-1



Brainy Background powered by Mind in the Making

As your child discovers the answer to “Where’s your hand?” he/she is practicing paying attention. Your child is also practicing controlling his/her hands and fingers. Focusing is an important skill in learning.

For more activities like these, check out the free Daily Vroom mobile app!



Up-Down, Side-to-Side

Sit on the floor holding your child on your knees. Gently move him/her up and down, side to side, explaining what’s going on. “Now you’re going up, up in the sky!” “Now you’re moving over to the door,” or “down, down to the ground.” Make up new ones as you go.

Ages 0-1



Brainy Background powered by Mind in the Making

As your relationship with your child grows even stronger, you are giving your child the pleasure of moving and introducing him/her to words that describe moving and positions in space. These are important math concepts.

For more activities like these, check out the free Daily Vroom mobile app!