



## Babble On

Don't be afraid to babble. When your child starts to make noises, treat it like a real conversation and mimic the sounds right back. See how many times you can go back and forth!

Ages 0-1



## Brainy Background powered by Mind in the Making

All kinds of “conversations” help to build children’s brains—even when they’re still learning how to talk. By following your child’s lead and responding, you spark the connections they need for language and communication later on.

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

#13



## Dance Party

Your child may not be walking or talking yet, but with your help, they can definitely boogie. So turn on some music and hold them as you dance around. When you sit down together, shake your arms to the music and see if they can do the same!

Ages 0-1



## Brainy Background powered by Mind in the Making

Paying attention to sounds and movements is an early step in listening for sounds—a reading skill.

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

#14



## Peekaboo

Grab whatever is nearby, like a blanket, a book, or your hands, and use it to play Peekaboo with your child. First you hide behind it and then say “Peekaboo!” Next, let them be the hider.

Ages 0-1



## Brainy Background powered by Mind in the Making

Peekaboo helps your child learn that you’re still there, even when you’re hiding. But most of all, it’s fun! Your face and voice are your child’s favorite toys.

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

#15

## A Tall Tale

At their next diaper change, tell your child a silly story about the tallest little child in the world while stretching their arms over their head.

Ages 0-1

 [joinvroom.org](https://www.joinvroom.org)



**Brainy Background**  
powered by Mind in the Making

Your voice is your child's favorite sound. Even though they can't talk back yet, they're already taking in your words and using them to build the foundation for language later on.

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

#427

## Dressing Play

Even if your child doesn't seem to understand, tell them everything you're doing as you get them ready in the morning. Start with how you picked their clothes and go from there. Make eye contact and respond back to the sounds they make.

Ages 0-1

 [joinvroom.org](https://www.joinvroom.org)



**Brainy Background**  
powered by Mind in the Making

Think of yourself as a sports announcer—one who responds back with sounds and faces. These back and forth conversations are helping them bond with you and begin to associate words with their experiences.

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

#459

## Feeding Memories

When breastfeeding or giving your child a bottle, use that time to tell them a story of something happy you remember from your childhood. When they have finished eating and responds to your voice, make the same sound back to them.

Ages 0-1

 [joinvroom.org](https://www.joinvroom.org)



**Brainy Background**  
powered by Mind in the Making

Your voice is your child's favorite sound. Even though they can't say words yet, they're listening and learning what sounds go together in words, which is an important foundation for language later on.

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

#535



## Weather Report

At bedtime, talk to your child about the weather today and what it meant for you. "Today was COLD. I wish I had worn a heavy jacket because I was outside all morning!"

Ages 0-1



## Brainy Background powered by Mind in the Making

Talking about everyday activities helps build children's vocabulary, communication skills, and their brains!

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

#16



## Copy Cat

Like you, children experience many different emotions every day. Make faces that mirror how your child seems to be feeling. Talk to them about why you're making those faces. "You're smiling and seem happy, and I am smiling and happy too."

Ages 0-1



## Brainy Background powered by Mind in the Making

When you imitate the face that your child makes, you help them express what they think and feel even though they can't speak yet. These "conversations without words" begin to help them learn about others' feelings and emotions!

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

#17



## Changing Chats

When you're changing your child's diapers, make funny noises and see if you can make them giggle or coo, then giggle and coo back at them. See how many times you can go back and forth. Follow their lead and have a conversation with faces and sounds.

Ages 0-1



## Brainy Background powered by Mind in the Making

By following your child's lead and also responding, you're building the connections their brain will need for conversation and language later on.

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

#426