



Brain building moments

Any Moment Can Be a Brain-Building Moment at:

<https://www.vroom.org/>

A baby's brain is wired to grow from birth. During the earliest years, their brains make 1 million neural connections every single second as they take in everything those around them are doing and saying.

[Vroom](#) helps the adults who care for children learn ways to nurture our youngest minds by turning everyday interactions into brain building opportunities.

Vroom takes [early brain science](#) out of the lab and puts it into your hands. You have what it takes to help make a difference in your child's life!

Tap into Vroom resources

Families

Download the Vroom app and discover daily fast and free brain building tips. [Learn more.](#)

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At-Home Tips: Make the most of everyday moments! Download these Vroom tips for:

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- [Toddlers](#)
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- Tips to Calm and Connect ([English](#) or [Spanish](#))
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