

18 MONTH VISIT

1 FOLLOW

Let your child be “the boss” at playtime. Join in their games and try not to tell them what to play with or how to use something they are exploring. Kids learn best when they follow their own interests.

2 TELL

Tell your child what TO do, instead of what NOT to do. Saying “please walk” works better than “don’t run” because it teaches your child how you want them to behave. Use clear instructions and praise your child when they do what you ask. Save “no” and “don’t” for safety issues.

3 ROUTINES

Having regular routines can help to avoid tantrums! Planning what the day will look like and talking to your toddler about it, can make it easier for them to control their behavior and prepare for what comes next.

4 COMFORT

Comfort and distract your child when he or she is upset or has a tantrum. They are too young to understand what they did wrong and need your help to calm down.

5 COUNT

Count things throughout the day - like crackers, socks, hands or toes! Introducing numbers in a real-life way is important to build math skills for kindergarten. See below to learn why this is important and what you can do.

How Many Fingers?

Vroom™ Tip: Hold up your child’s hand and count their little fingers. Now hold up your hand and count your big fingers. Keep it going with your toes if you have time and create a funny song to go with it or tell the “This Little Piggy” story.

Brainy Background

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This game connects numbers and size with what they stand for, like fingers and big ones or little ones. This helps your child see that numbers and size aren’t just words, they stand for real things. It’s the beginning of learning math. For more tips like these, download the free app at www.Vroom.org!