



## Parent Academy Module 8: Math

### Mealtime Math (2-5)

**Vroom Tip:** Are you eating crackers or other food like that? Ask your child how many they want. Give them that amount and say, "Eat one. How many are left?" Count together, encouraging them to count out loud. Then you take a turn. Continue this game until the crackers are all gone.

**Brainy Background™:** In "Mealtime Math," your child is thinking in symbols—that the numeral 3 represents three of something. This game helps them begin to understand how to add and subtract in everyday life. Games like this help build a strong foundation for learning math later on.

### Near and Far (4-5)

**Vroom Tip:** When you're outside, try playing this game with your child. Give them a place to stand and have them estimate how many steps they are from you. When they walk back, count their steps together aloud. Try all different distances!

**Brainy Background™:** Young children can tell there is a difference between large and small quantities! By doing fun, back-and-forth games like this, you're building on this skill and helping them understand more about what numbers stand for.

### Little Chef (2-4)

**Vroom Tip:** Keep your child engaged in dinner prep. Take turns measuring, pouring, and mixing. If they might spill, put the bowl in the sink so spilling is okay. Talk to them about what you're doing and the ingredients you're using. Encourage them to smell, touch (and taste!) as you go. Ask them what they notice.

**Brainy Background™:** This activity gives your child the opportunity to hear new words, which builds their vocabulary. Measuring involves counting, which will help them with math in the future. Having a conversation about the experience helps them develop their communication skills.

### How Many? (3-5)

**Vroom Tip:** Cut an apple and ask your child to guess how many seeds they think will be inside. Or how many pieces of orange there will be after you peel it. Count the seeds or segments together and compare that number with their guess. What other foods can you use for this game?

**Brainy Background™:** Your child is thinking like a scientist. Making a guess, looking at the results, and then comparing the two is just what a scientist does. Your child is also learning to estimate numbers. This is an important skill for math.

[Learn more at vroom.org](https://vroom.org)



## Parent Academy Module 3: Social-Emotional

### One, Two Three Foods (2 – 3 Years)

**Vroom Tip:** Pick three food words such as "banana, apple, pear" to make a word pattern. Repeat with your child three times. Have them pick three food words and make a pattern three times: "fork, spoon, plate." Talk about what word comes first, second, and third.

**Brainy Background™:** When your child is choosing words, listening to words, and making patterns with you, they're creating and then using a rule. Understanding and applying rules in will help them learn math concepts as they grow.

### Prepare a Pattern (4-5)

**Vroom Tip:** Do you have a muffin tin or an empty egg carton? Look for things that can fit inside each hole, like pen caps. Make a pattern, like one red cap in a hole, then two blue caps in another, then another red cap. Then give the caps to your child. Can they match the pattern?

**Brainy Background™:** Making and re-creating patterns asks your child to focus and keep the pattern in mind, even when it isn't there anymore. Being able to recognize patterns is an important skill for math, science, and language learning.

### Doing the Dishes (2.5 – 5)

**Vroom Tip:** When you have a sink full of dishes, turn the chore into something fun. As you scrub, ask your child to talk about the shapes of each dish. "What else is round like this bowl?" Have a conversation around their response. Remember, there are no wrong answers!

**Brainy Background™:** Every back and forth conversation you have builds your child's brain. Try and build on what they're saying, using their response to inspire the next question. This helps grow their communication skills.

### Color Countdown (4-5)

**Vroom Tip:** Challenge your child to find as many things as they can that are blue. Get creative by limiting the game to a specific time (three minutes or so) or place (the grocery store.) Have them count how many they find. Switch it up by looking for letters or objects instead.

**Brainy Background™:** Your child is practicing focusing in this game. They are also using their memory to remember the color and the number of times they have seen it. Playing this game with different rules helps your child learn to think flexibly and make new connections.

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