

# 5 YEAR VISIT

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## 1 BOND

Doing activities together builds the important relationship between you and your child. Find time to do something special and talk about how much you enjoy being together! Your relationship teaches your child about what to expect from future relationships.

## 2 PRACTICE

It's important to let kids know that everyone can improve and get smarter each day. Praise your child when they put a lot of practice or hard work into an activity, even if they don't win. Saying "you can't do it YET, but you'll learn" helps your child believe they can always improve and achieve!

## 3 AVOID

Try not to shame your child when they do something wrong. If they feel like there is something wrong with them, instead of just their behavior, it can make them feel less confident about themselves and their abilities in the future.

## 4 FEEL

Talk about what other people think and feel whenever you can. Connect your child's actions to feelings, like "when you ask me nicely, it makes me to feel happy" or "when you took that from your brother, you made him sad and that is why he is crying." Understanding others will help your child with social skills and behavior in school.

## 5 CONCENTRATE

Playing games that require concentration are challenging and fun! See below to learn why this is important and what you can do.

### Magic Mirror

Vroom™ Tip: Stand in front of your child face-to-face. Pretend that you are a mirror and ask your child to make small and slow movements with their head and hands. Copy their movements like a mirror would. Stay connected, and have fun making silly faces and gestures. When your child gets the hang of it, switch and have them be the mirror for a few turns.

### Brainy Background

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Your child has to pay close attention and focus playing this game. These are important skills to practice for school and relationships. For more tips like these, download the free app at [www.Vroom.org](http://www.Vroom.org)!