

ABRSD/Abound update

This is a great theme for night-sky watching!

We all need a change of pace about now, and it doesn't have to be a big vacation. There's something about being outside at night and looking up that is exciting for kids – and adults, too. Even if you can't see many stars due to the lights around you, talk about what you *can* see, and how street and city lights affect stargazing. It's the conversation that you'll remember, and that will build your child's skills. Do it **CONSISTENTLY** for a few nights and compare what you see!

This week's Abound Parenting ABRSD news:

- **We are in week 1 of our *Starstruck* theme.**
- **The academic word **CONSISTENT** is the focus of this week.** Try these examples to work even more exposures to the word **CONSISTENT** into your child's days -- or make up your own!
 - "I am trying to be **CONSISTENT** about when I go to bed. Going to bed at the same time every night helps your brain and your mood, research says! What makes it hard to be **CONSISTENT** about going to bed at the same time each night?"
 - "When I have to **CONSISTENTLY** tell you to put away your dishes, it gets really tiring. Can you try to be more **CONSISTENT** about putting away your dishes after eating?"
 - "Who's the most **CONSISTENT** player on your team – the one you can count on to regularly play well game after game?"
 - Remind your child that **CONSISTENT** means to do something regularly, and often the same way, unchanging.
- **Here are a few of our favorite questions from various age groups this week.**
 - Let's clap out the syllables in *me-te-or*. Now let's clap out the syllables in *show-er*. How many syllables are there all together in *meteor shower*?
 - Most of the stars in the sky are bigger and brighter than the sun, but the sun is closest to the earth, so it looks biggest. If all the stars were as close as the sun is, how would the night sky look?
 - If you were the President and you had to decide whether to spend money on missions to space or on repairing highways on Earth, what would you choose? Why?
- Look for the BookOut speaker icon to get read-aloud links for this week's books.

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