

Abound Parenting News

Theme: *Feeling Groovy* (week 1)

Troubleshooting for families and staff having difficulties downloading the Abound app:

1. Remove the app from your mobile device (hold the icon down and hit Remove app)
2. Go to partners.aboundparenting.com and fill out the form.
 - a. Enter your name & email address, create a password (any 6 characters), select your relationship to the child, choose English or Spanish.
 - b. On the Code line, enter the classroom code your teacher provided (or email us and we can tell you!).
3. Download the Abound Parenting app from the App Store or Google Play.
4. Open the app and hit SIGN IN, and type in the same email and password used above.

If you get a message saying your email address is already in use, reach out to info@aboundparenting.com. That happens when a user starts on the mobile device instead of on our website, but it's easy for us to fix if you reach out!

This week's WordUp word is **ADJUST**. Here are 2 *more* ways to give your child opportunities to hear and use this abstract word.

- *If you had to go to a new school or move to a new place to live, it can be hard. Let's talk about why time (lots of days or weeks) usually helps people **ADJUST** to new situations.*
- *Sometimes when we are looking forward to doing something and then it doesn't work out, we have to **ADJUST** our plans. How do you feel when that happens? Would you usually rather get a new plan, or just do nothing and go another day, instead?*
- *Could people use backpacks if the straps weren't **ADJUSTABLE**? Could people use any of these other things if they weren't **ADJUSTABLE** – seatbelts, car seats, radio volume, beach chairs? Can we think of any things that **should** be **ADJUSTABLE**?*
 - *Remind your child that **ADJUST** means to change something a bit to make it more comfortable or to make it work for your needs. Something that's **ADJUSTABLE** can be changed to make it work better for you.*

How else can you build your child's reading skills through TALK?

Try these questions taken from different TalkOn age groups this week:

- *Someone who's sensitive understands how other people feel. Sensitive also describes people who get upset easily when others say things about them. Let's clap out the syllables in sen-si-tive and count how many there are. (3)*
- *Mixed emotions means having two very different feelings at once. If you were starting at a new school, you might be happy and **also** nervous, feeling two emotions at the same time. Have you ever had mixed emotions about something?*
- *How does your body feel when you're afraid?*
- *Dogs who are nervous sometimes hide under beds. When some people are worried, they bite their nails. Do you do anything different when you're worried?*

Don't forget to update your Abound app to get audio – & Spanish!

Your school is providing the Abound app for you to use at home. To get access, you have to start at <https://partners.aboundparenting.com/>. Use the code you received from your child's teacher & follow instructions to download the app on any iOS or Android device.

Questions? Write to sue@aboundparenting.com