

Abound Parenting News

Theme: *Feeling Groovy* (week 2)

If you were lucky, you had a person in your young life who really talked to you.

A person who always had something to say and was really interested in what *you* thought, too.

A person who engaged you in ways that made you feel smart, grown up and good inside.

Abound helps you make sure your child has that challenging and affirming TALK in his/her life, too
– the kind of conversation that we all need to feel personally and intellectually valued.

And the kind of TALK that builds the skills children need to be strong readers & students.

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

- *Have you ever looked at a tree on a windy day and seen a trunk that bends but doesn't break? Or do most of the trees you see have trunks that aren't that **FLEXIBLE**? Palm trees grow near the windy ocean and have very **FLEXIBLE** trunks. What would happen if trees in such windy areas weren't **FLEXIBLE**?*
- *What if there were more **FLEXIBILITY** on the time you had to get to school, so you could get there at 8:00 or 8:30 or 9:00 am, and no one would mind? What would be hard about that for the teacher? **FLEXIBILITY** on timing means you don't have to leave or get somewhere at an exact time.*
 - *Remind your child that **FLEXIBLE** means something that bends but doesn't break, or something that can change. When a body is **FLEXIBLE**, it means that the person's body can easily bend without pain.*

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

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

- When your team is way behind and you still think you'll win, you're being optimistic. An optimistic person thinks things will usually go well. Let's clap out the syllables in op-ti-mis-tic. How many syllables are there? (4)
- If you're homesick, you miss your home; you might feel almost sick you want to be home so much. Why do people who are away usually feel more homesick when they're going to bed at night than they do during the day? *How does your body feel when you're afraid?*
- Do you know anyone who walks into a room and makes the room a happier place to be? Which people in your life are happier just seeing you come into the room?
- What do you think it feels like inside when you don't tell the truth, or don't tell the whole truth?

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