



## Exploring Space

Young children love to look at the sky. Introduce your child to simple topics about space. Here are some suggestions.

### INFANT:

- Rock your baby as you say the following rhyme;  
*Good night sweet baby, goodnight sweet one,  
The clock's ticking and says "were done"  
Goodnight sweet baby, goodnight my dear  
The stars are twinkling and sleep is near.*  
Gently put your baby in his bed, rub his back and give him a kiss. Holding and cuddling comforts your baby and helps his brain grow.
- Cover a flashlight with colored plastic wrap. Hold your baby in your arms and turn on the flashlight. Slowly move it back and forth and watch as he follows the light. Talk to him as you move the light.  
*Pretty light, pretty light, see the pretty, pretty, light.*  
Not only do babies love to do this, while they are having fun they are making important connections in the brain.

### TODDLER:

- Give your child a black piece of construction paper and white chalk. Have her draw stars on the black construction paper using the chalk. Show your child that she has drawn a picture of a clear nighttime sky. Talk to her about her picture.
- Ask your child to stand in one place. Move around your child while turning your body. Explain to your child that she is the sun and you are a planet. Reverse roles with your child.
- Help your child put together a floor puzzle of the solar system. Point out the Earth, the Sun and the other planets. Talk to your child about the planet Earth – telling her "It's round, it rotates and people live on the planet Earth."

### PRESCHOOLERS:

- Turn off the lights in your child's room. Turn on a flashlight and make shadows on the ceiling using your hands. Have your child guess what shapes you are making.
- Take a trip to the Science Center's Planetarium. After the show, talk with your child about what she saw and what she learned.
- Take your child outside at night to see the moon, and point out its various sizes and shapes. Ask him to describe how it looks (i.e. full, half, quarter.) Help your child keep a daily log of the moon's appearance.

### Book Suggestions:

*Goodnight Moon.* Margaret Wise Brown. HarperFestival, 1991.

*Twinkle Twinkle Little Star.* Iza Trapani. Charlesbridge, 1994.

*There's No Place Like Space: All About Our Solar System.* Tish Rabe. Random House, 1999.