



# Milestones Learning Center Family Minutes

A resource from our family to yours

June 2024

## Don't Let The Summer Slump Get You



**Summer is here! School is out. Let the family fun begin!!**

Summer is a time for rest and relaxation. School aged students look forward to the homework-free nights, the longer evenings, along with fun times at playgrounds, pools, and the beach. There are so many benefits to summer; with its extended break from the structure of the school classrooms and longer days to allow for greater family time. Still, there is a downside to having all this summertime freedom. By taking an extended break, students will often lose a portion of what they had learned or skills they were

developing when in school. This is known as the "summer slide" or "summer slump". When students slide backwards and then return to school, they find they struggle to recall material already taught to them the year prior.

### **How much does a child lose over the summer months?**

A study published in American Education Research Journal, following students in grades 1 through 6 over five summers, shows 52% of students lost an average of 39% of their total school year gains during the summer months. Although the summer slide is very prevalent to a student's learning, there is a way to help students stay on track even in summer.

### **I don't know how to teach!**

No one is expecting parents to spend the summer teaching. Still it is important that students do some work to maintain their current knowledge. Many parents believe they are not able to teach their child subjects they are learning when at school. The key to

remember is that this is not new material to your student. This is simply review. By pairing their abilities to your daily activities and allowing them to participate in full will make the learning fun for all.

### **What does summer learning look like?**

This can be a time when you do crafts with your child for problem-solving and fine motor skills, or you can create shopping lists or to-do lists that allow for your child to practice their writing skills.

*Continued*





It can be playdates with other children to encourage imaginary play and social interaction, or trips to the museum or zoo to build language and reference knowledge.

### Worried about specific skills?

By carving out just 15 to 20 minutes a day into the summer schedule for your child to exercise their reading skills will help keep them remain at pace for when they return to school. Although a specific time of day dedicated to reading can reduce the struggle to participate and create routine, it is not necessary. This can be encouraged with family reading, reading challenges, introducing a book series or making trips to the local library weekly.

### What about summer workbooks?

Some children truly enjoy using a workbook. They feel accomplished as they complete pages and a good workbook can reinforce math, reading, and writing skills. This is a good tool to use on long car trips or when you as a parent are seeking a quiet time for the day. Workbooks are also a good alternative to screen time.

### Limit Screen Time.

There is more to do than watch television or play video games all summer. Children should have no more than 1 hour of screen time for a total day. This includes television, movies, tablets, and phones. It is ok for your child to express that they are bored. Boredom can spark creativity. Instead of turning on a screen consider some of these summer activities instead.

### Summer Learning Activities:

- A trip to the library; take the summer reading challenge
- A trip to the grocery store; allow your child to write the shopping list, read the boxes, use the scales in the produce area, and count the items in the cart.
- Do a puzzle challenge over the summer as a family
- Cook with your child in the kitchen; allow them to read the order of the directions, measure, mix, and set a timer
- Encourage your child to take up

a hobby; beading, sports, pen pal, coloring

- Make fun snacks inspired by letters of the alphabet
- Singing songs when in the car
- Having a spelling bee
- Paint by number
- Play cards or games that involve counting

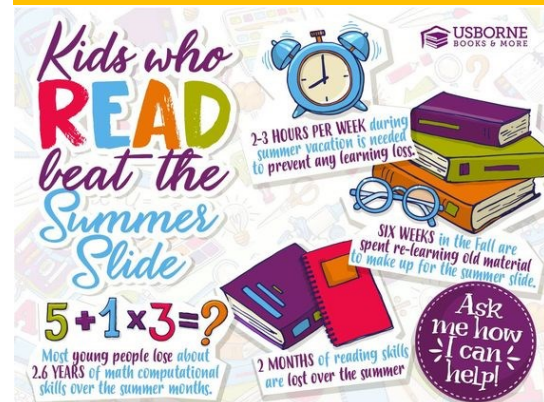
### FAMILY READ

*And Then Comes Summer*  
by Tom Brenner

This book is a joyful tribute to the anticipation and adventures of summer.

It's time to get ready for summer! The perfect book for anyone who's ever counted down the days until school gets out.

<https://www.amazon.com/Then-Comes-Summer-Tom-Brenner/dp/1536217379>



### References

<https://www.k12dive.com/news/study-more-than-half-of-students-lost-39-of-years-learning-over-summer/581365/>

<https://www.cde.state.co.us/cdelib/summerslide>

<https://www.mathnasium.com/math-centers/schertz/news/what-is-the-summer-slide-and-how-to-beat-it-31581377>

<https://blog.allaboutlearningpress.com/summer-slide/>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/tips-for-preventing-summer-slide>