TOP 10 "EASY SUMMER LEARNING TIPS" FOR PARENTS

1 Read. Read. Read.

Summer reading should be FUN reading! Help your child read ANYTHING AND EVERYTHING that interests him or her. A great way to get started is by celebrating the end of the school year with a special trip to the library or a bookstore. Help your child set-up a comfortable and quiet space with good lighting for summer reading. Encourage your child to create a schedule for daily reading and set an example by letting your child see you read every day.

2 Have Fun with Numbers.

Find creative ways to practice math: ask your child to help you tally the bill at the grocery store, calculate time, or follow a recipe. Some children enjoy math workbooks or online worksheets – there are lots of free ones.

3 Turn off the TV! Turn off the screens!

A little bit of screen time is ok – but too much screen time is not healthy. Monitor (and limit) screen time in the summertime just as you would during the school year.

4 Make Art!

Kids love art projects of every kind – but they rarely have enough time during the school year to draw and paint and construct as much as they'd like. Picasso said, "Every child is an artist. The problem is how to remain one once we grow up." Let the summer months be the time when your child discovers that he or she has the amazing ability to create through art.

5 Experiment! Do Science!

Watch an ice cube melt. Grow grass. Play with magnets. Collect rocks. Collect leaves. Summer is a great time to experiment with science.

6 Eat smart. Eat healthy.

It's ok to eat ice cream on a hot summer day – but don't eat only ice cream. Kids need help eating healthy. Without the structure of the school day, some kids tend to eat tons of junk food during the summer. Keep plenty of fresh fruits and veggies at the ready, like carrot and celery sticks with hummus, ranch dressing or peanut butter for "skinny dipping". Process watermelon in your blender and freeze it in popsicle forms for an icy, refreshing treat.

7 Get outside. Take a hike. Play in the sun. Go for a bike ride or a run. Visit a park.

Some children experience unhealthy levels of weight gain during the summer months because they get less exercise when schools are closed. It's important to help your child stay physically active all summer long.

8 Go to a museum – again and again.

For every child with an interest, there is a museum with a special collection. Insects? Space travel? The ocean? Art? History? Find a museum and visit it – whether in person or online.

9 Read a poem.

Here's the start of a silly, ridiculous, funny, poem by Shel Silverstein:

> *Millie McDeevit screamed a scream*
> *So loud it make her eyebrows steam.*
> *She screamed so loud her jawbone broke,*
> *Her tongue caught fire, her nostrils smoked…*

This is just one of a thousand wonderful poems for children. Google "funny poems for children" and see which ones your child enjoys. Read them aloud. Memorize a line or two. Substitute words to make your own rhymes. Ask your child to describe the poem in their own words means and what it means.

10 Finally… go to sleep!

Keep a bedtime routine. It's ok for your child to stay up a bit later in the summer but it's still very important to maintain a regular bedtime and routine. For example, if you read a bedtime story to your child during the school year, then read a bedtime story during the summer.



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