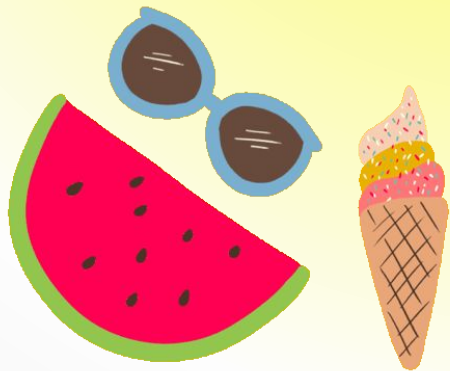




**3/2/26**  
**SEPTA**

# Lessening the Summer Slide

# Overview



1. What is the summer slide?
2. What can be done at home?
3. Academic support ideas
4. Executive functioning & life skills support ideas
5. Language and social skills support ideas
6. Free & low cost resources
7. Summary

# What is the Summer Slide?

**Summer Slide (Summer Learning Loss)** is when students lose academic skills over summer break.

For students receiving special education services, this may include:

- Reading regression
  - Math skill loss
- Speech/language decline
- Behavioral challenges
- Loss of routine and structure



## Why Special Education Student are More Vulnerable

1. Many students need: Repetition, Structured routines, Direct instruction, Guided practice, Frequent feedback
2. Without consistent practice, skills can fade more quickly.

# The Good News

Small, consistent practice makes a big difference.

Research suggests:

- 20–30 minutes per day
- 3–5 days per week



# Reading Support



- Read 20 minutes daily
- Use audiobooks + print together
  - Take turns reading
- Ask simple comprehension questions
- Let students choose topics they enjoy

# Making Math Part of Daily Life



Practice math naturally through:

- Cooking (measuring ingredients)
- Grocery shopping (budgeting)
  - Counting money
  - Board games
- Flashcards (5–10 minutes daily)

**Ask teachers for tips!**

# Executive Functioning Support

## Keep a Simple Daily Routine

Students thrive with structure.

- Visual schedules
- A daily “learning time”
- Consistent bedtime/wake-up times
  - Clear expectations
- Consistent mealtimes



# Life Skills Support

Summer is ideal for functional skill development.

## Elementary Students:

- Tying shoes
- Cleaning up
- Following directions

## Middle & High School Students:

- Cooking simple meals
  - Laundry
  - Budgeting
- Using a planner
- Personal hygiene



# Speech-Language Support

## Speech & Language Practice

Encourage language daily through:

- Family conversations
- Describing activities
  - Story retelling
- Playing "Would You Rather?"

For articulation practice:

- 5 minutes daily
- Use a mirror for sound practice



# Social Skills Support



- Playdates
- Camps
- Library programs
- Community sports
- Suffern pool
- Parks and playgrounds



# Free & Low Cost Community Resources



- Public library programs
- Parks & recreation activities
- Community centers
- Youth organizations  
(Fit for Theater, Programs at RCC)

Online resources:

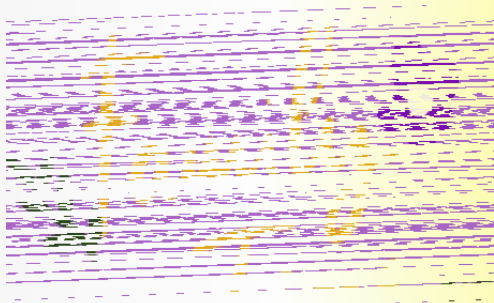
- PBS Kids
- National Geographic Kids



# Balance is Important

Children also need:

- Rest
- Free play
- Outdoor activity
- Family time



Learning can be natural and fun.

# Together We Can Reduce Summer Regression!

With consistency and community support, students can:



- Maintain skills
- Build independence
- Return to school confident and ready



Thank you for partnering to support our learners!