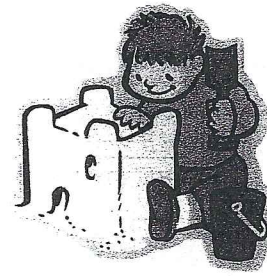


# Stop Summer Loss



Teachers know, and experts agree, that what is often referred to as the "Summer loss" is real! When children do not read, write, or practice math over the summer, valuable skills *are lost*. Reading is a skill for life, and, as with any skill, practice is key. Studies have shown that children who read more become better readers. Children who read over the summer months **often gain, rather than lose**, important skills. When children become better readers, reading becomes a more enjoyable experience, and they want to read more.

Here are some tips listed below to help "prevent" summer loss:

1. Read over the summer. Your child is required to read throughout the school year, so why not have them read over the summer too! Make it a fun time for both kids and parents to read together.
2. Go to the library and join a summer reading program. Let your children pick the books and read them together! (The Harford County Library has a reading program, but so does Barnes and Noble).
3. Have your child cook with you! Cooking is a great way to practice math and science skills and following a set of directions. What a great way to get your children involved in making healthy choices for the family!
4. Practice math facts. It is imperative that your child knows how to add and subtract fluently, as well as their multiplication 0-12 facts to be ready for fourth grade. Practice them in the car, have your child work on the computer, or any kind of down time you may find over the summer.
5. Have your child keep a journal when you go on vacation. Have kids turn a simple notebook into a special vacation journal to chart their memories. This can be kept year after year.

6. Play board games, crossword puzzles, sudoku or any kind of mind-stimulating games. Make a family game night and celebrate being together.
7. Have your child go outside and play. Turn off all video games for the day and find something else to do outside in nature. Explore and take a walk/hike together.
8. Plant a garden and tend it as a family. You will love reaping the benefits of all your hard work.
9. Once a week go somewhere special with your child! Some simple inexpensive outings include: a park or playground, bowling, ice skating, movies, tennis, get snowballs, and go to a nature center (Eden Mill or Anita C. Light Estuary Center).
10. Go on a one-day family trip: for example the science center, aquarium, zoo, museum, amusement park, baseball game, local gardens, or historical sites.

