

# Educational/Parenting Tips

## Summer Stride: Five Ideas to Help Your Child Move Forward

### DID YOU KNOW?

Every year during summer break, many children lose 2 to 3 months of progress in reading and math skills. This is what is known as the “summer slide.” And these losses add up. By fifth grade, summer learning loss can leave many students 2 1/2 to 3 years behind their peers.

The amount of summer learning loss varies by child, with younger children and children living in poverty tending to experience more significant effects. Across ages and income levels, summer is a vital period in a child’s academic development. Active engagement can mean the difference between learning and forgetting, achieving and falling behind.

**Developed by Learning Heroes in collaboration with the National Summer Learning Association, here are five simple ideas to help your child stride forward!**

- **See the big picture.** This is an important time to find out how prepared your child is for the next grade. Look at your child’s grades, pay attention to how easy or hard it is for your child to perform grade level tasks, and review his or her annual state test results you’ll receive this summer. Compare this information to see where your child is doing well and where more support is needed.
- **Have fun!** One of the best parts of summer is having a little extra family time. This is a chance to have fun, explore your child’s interests, and make learning part of your everyday routine. For example, if your child loves soccer, start a family tradition of figuring out the percentage of goals blocked or passes completed (there’s a lot of math in every sport)!
- **Discover what your community has to offer.** Take advantage of free community or library programs that have academic support and activities for children. Visit a zoo or museum to explore new interests. Many have free resources or discount days. Plan a day trip to a nearby park or historical place and talk about what you want to learn. Even a short road trip adventure – whether by car, bus or train – can be an exciting way to learn and bond as a family.
- **Support life skills.** Encourage life skills that help your child thrive in school and the real world. For example, promote a ‘growth mindset’—which is when children understand that they can learn more through hard work. This will help your child take on challenges with confidence—whether it’s trying a new hobby or working on a specific skill like reading.
- **Let them see you learn, too!** Kids mimic what they see, including habits and attitudes related to lifelong learning. Allow your child to see you learning and working hard to achieve your goals, especially when it’s tough. Whether you are reading the news and talking about what’s happening in the world or looking up information on a new topic—you are modeling how learning is an amazing part of life!
- Through actions like these, parents and children can make big strides during summer break and enter the new school year ready to succeed.

**For easy-to-use summer learning resources and activities, visit [BeALearningHero.org](https://www.beallearninghero.org).**