



No more pencils, no more books.... School's out for the summer, but should learning stop for your kids? Research shows that students at every grade level lose some of their math and reading skills if they take a break from academics all summer. Teachers often spend weeks at the beginning of the new school year re-teaching concepts from the previous year to compensate for the backslide. But year after year the learning and achievement gaps can widen, especially for vulnerable and low-income students.

Summer is the ideal time for kids to sharpen their academic skills in non-school settings and still have time for fun. The [National Summer Learning Association](#) has compiled [resources](#) for parents and suggests opportunities for summer learning such as:

- Free programs for kids at the local library
- Free or low cost activities such as visits to a nature center, park, zoo, or aquarium. (Free passes may even be available through a library)
- Reading at home every day, including comic books, magazines, graphic novels, and more. Listening to audiobooks on car trips is also valuable.
- Keeping a summer journal for kids to practice their writing skills and be creative
- Volunteer activities that give kids a chance to better their community
- Gardening to learn about growing healthy foods
- Playing word games like Scrabble or Boggle, or learning how to play chess

No More Math Anxiety

Helping children learn sometimes means that parents have to confront their own anxieties, particularly math anxiety. Some [studies](#) show that children of math-anxious parents are more likely to be math-anxious themselves and tend to learn less math during the school year.



bedtimemath.org, which even offers a free [Bedtime Math app](#) for iPhone/iPad or Android, available in English and Spanish. The app offers a daily math problem for families to tackle together.

A University of Chicago study showed that children who did Bedtime Math one or more times a week improved their math achievement levels and had learning gains of up to three months.

If you, or someone you know, is interested in primary care, addiction recovery services, or mental health care for children or adults, contact InterCommunity. To receive services at any of our Hartford or East Hartford locations, please call 860-569-5900.



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