

How to Avoid Brain Drain during the Summer Vacation

The summer is finally here and excited children are skipping and dancing in the school playgrounds, as they count down the days until they begin their summer vacation. Parents can finally relax with no worries about crazy mornings, making lunches and seeing that the homework is handed in on time. Everyone is happy. This academic break is great for a while but the majority of children do forget their lessons over the summer. In fact, studies tell us that when children return to school for the new school year, they will spend the first 2 months on reviewing their work from the previous year.

Not all children need summer enrichment but many could use some form of skill maintenance. It's best to establish a pattern with your children. At the beginning of summer, have a meeting and make a plan. It's too easy for your child to become a young couch potato. You can make a deal that they need to read for 30 minutes every day, before they can play with their technical toys or watch the television. They may grumble but it will become a daily habit. Have your children practice their writing skills by sending hand written letters to family and friends (not emails). So many children do not know how to properly form a letter, address an envelope and put it in the mailbox. Have your children create their own cards. Relatives love to receive such cards and will probably keep them for many years. Involve your child in math and science by encouraging them to be creative. Try experimenting with cooking. Take a recipe and change it, by dividing or doubling the ingredients or adding additional foods. The outcome is always a surprise. There are many math websites that give you the appropriate age for children to accomplish the games. Fun Brain and Cool Math Games are popular sites for children to polish their math skills. Board games such as; Backgammon, Boggle, Checkers, Chess, Chinese checkers, Monopoly, Parcheesi, Scrabble, Chutes and Ladders and Sorry, engage children and adults. There are many other fun board games that teach about geography, history, and trivia. Puzzles of historical sites or cute puppies are also a way for your children to concentrate and complete a task. Of course, summer camp is always a great learning experience for children. They can acquire a variety of skills and have wonderful memories that last forever.

About 3 weeks before school begins, start to ease back into your old school schedule with regard to bedtime. A few minutes earlier every night will save you and your child from any unhappiness on the first day of school. Having an academic plan for your children will also help to reduce the amount of time your children will need to adjust to a new school year.

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