



# Avoiding Summer Regression

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The lazy days of summer are here. The kids are playing with their friends, going to summer camp, vacations, and getting a lot more screen time with their computers, tablets, and the like. With no homework, less structure and academia, comes the summer slide, the brain drain, or as most teachers and professionals call it, Summer Regression. Regression is the loss of skills learned, usually after breaks in instruction. Teachers typically spend four to six weeks reteaching material to students due to summer regression. Whatever you may call it, there are ways we can avoid it from happening. So, how do we prevent summer regression? First, you must know that some regression is normal in all children with or without learning disabilities. The best solution for summer regression is to prevent it. Reading and math

are the two subjects that are most affected by it so I've put together some information and tips to help you and your child(ren) avoid the summer slide.

The US Department of Education's research shows children on average, are set back by 25% in reading skills each summer. So of course, reading is the best way to avoid reading regression. Language development and literacy are very closely tied together. If you have a young child who hasn't started reading yet or one that may struggle, reading aloud is a great way to help them expand their literacy skills and help them start building reading comprehension skills. Also, sliding your finger along the words while reading to your student is another great way to help with word recognition. Rereading

stories can also help them become familiar with text and help them with the expression of it. Children ages four through 4<sup>th</sup> grade should read at least 20 minutes a day and middle through high school should read at least 30 minutes a day.

According to the US Department of Education, on average, students lose about 2.6 months' worth of grade level equivalency in mathematical computation skills during their summer break. So, how do we encourage our children to do some math without feeling their summer is being interrupted by "boring school stuff?" Here are some activities to try with your math student. Play a game and have them keep score, bake something and have them take the measurements of the ingredients and keep track of the time, or have a lemonade stand or bake sale and have the kids keep track of the money. For math students of any age, there are tons of math apps for computers, tablets, and smart phones, free of charge. I'm going to put a list at the bottom of the page of some of the top ones.

If you happen to have a child with a disABILITY, they may have the most difficulty with recoupage and specially designed instruction may be needed. Students with learning disABILITIES often fall into this category. They seem to experience more regression than typical students their age do. Parents may need to consult with school administrators to discuss if their child may be eligible for summer instruction and to find out about services available over breaks such as Summer School or Extended School Year Services also known as ESYS. Please know, that there are specific requirements for eligibility for ESYS. Parents can find out more by contacting their child's teacher, Special Education Coordinator, or counselor. If your child does not qualify for ESYS, ask their teacher for ideas on how to keep your student from regressing. Summer camps and tutoring can also help keep your child from falling behind. There are Educational Camps and camps geared towards certain exceptionalities such as Dyslexia, ADD/ADHD, autism, Cerebral Palsy and so on. There are also camps that benefit all, no matter the exceptionality. If you choose to consider tutoring, some high school students, college students, and even some churches may offer it. If your child has a tendency to fall behind in math, look for a math tutor. If your child falls behind in all subjects, look for a well-rounded tutor that has experience in math, science and English Language Arts also known as ELA.

Keep in mind, parents play a key role in filling in the gaps over summer regression. Learning loss is less pronounced when parents enroll children in classes, take trips together to the library, participated in reading programs, or take advantage of other, often free, learning opportunities. Another idea, your student's teacher if she has any specific ideas as to what may best help your child over the summer break. So if possible, help your student over the summer and give them the support to start this upcoming school year with confidence.

Here are some additional websites, links, and ideas to help avoid summer regression:

Take your children to the public library and let them pick out their own books. While there, also check with the Librarian to see if they're offering any summer reading programs. To check out books, you must have a library card for the Parish you reside in.

If you are a resident of Jefferson Parish and are unable to leave home because of a temporary or permanent disability, the Jefferson Parish Library Books by Mail service will send you books and other library materials free of charge. The application for this service must be filled out completely and signed by a physician, nurse, or social worker who can verify that you have a disability and are unable to leave home. Other libraries may offer this or something similar but please, check first with the library in the district you reside in.

We here at Families Helping Families of Jefferson, have a lending library. Go to our website [www.fhfjefferson.org/resources/lending-library](http://www.fhfjefferson.org/resources/lending-library) to view the list we have in our library. Then pick the book(s) you want and we'll mail them to you along with a stamped return address envelope. When you're finished, just place the book in the envelope and mail it back to us.

Check with your student's school to see if they participate in the Scholastic Online Summer Reading Challenge. Kids that participate in the challenge can log their reading minutes and earn digital prizes when they complete weekly challenges.

Also find out if your child's school has access to reading programs like [Achieve 3000](#), [LexiaCore5](#), [ABC Mouse](#), or [Raz-Kids](#). As far as math apps, there is [Reflex Math](#), [BuzzMath](#), and [MayaNumbers](#), and [Monkey in the Middle Apps](#) which have different versions according to grade level. [Khan Academy](#) is an app that has different lesson plans. It has been a top ten app among teacher recommended apps for a few years now. Khan Academy has courses with focuses in Science, Math Reading, English, and Social Studies.

And last but definitely not least, the Louisiana Department of Education has a wonderful website with a lot of different resources. There are even practice tests with the answer guides to help your student. Go to [www.louisianabelieves.com](http://www.louisianabelieves.com) and click on the Library tab. They have a ton of resources along with practice tests and other information available. You can go to <http://www.louisianabelieves.com/resources/library/practice-tests> for some of the reviews and practice tests.



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