

Preventing the Summer Slump

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Equity, Diversity and Inclusion Champion

Summer vacation is in full swing for most of our school-aged children. Though the summer is an important time to rest and reset, many children lack the physical and mental routine school provides. A sweeping review of summertime habits found that children of lower socioeconomic backgrounds and minoritized racial and ethnic groups faced significant summertime disadvantages¹. These children were found to have increased adiposity gain over holiday months and sharp numeracy and literacy declines from their pre-summer break levels. Emotional and mental health wellness also suffered as victimization rates amongst minoritized groups increased, thought to be due to in-person and social media bullying going unchecked without supervision. These poor outcomes, for a group already likely to experience a lack of social services, are thought to be linked to summertime diet irregularities, sleep abnormalities, sedentary schedules, increased screen time, and decreased supervision from working guardians. In the long run, these incremental decreases can compromise a child's career potential, upward mobility, and susceptibility to chronic illnesses such as type 2 diabetes and heart disease.

These aspects of a child's life are points of counsel pediatricians know well. We are uniquely suited to address these summertime disadvantages by providing clinic and community resources to help families develop summertime habits that will enrich their child's development and health. Below are some key topics to discuss alongside families and free community programs to offer your families.

Academic and Social Programs and Enrichment

• Regional Centers

Regional Centers are non-profit organizations run by the California Department of Developmental Services to provide support services to children with disabilities and their families. They are located throughout California and host numerous summer programs, activities, and camps for *children of all abilities*. To help a family find the most convenient Regional Center, direct them to the Department's website:

<https://www.dds.ca.gov/rc/lookup-rccs-by-county/>



North Los Angeles County Regional Center

Main 818-778-1900 • Fax 818-756-6140 | 9200 Oakdale Avenue #100, Chatsworth, CA 91311 | www.nlacrc.org

FOR INTERNAL CASE MANAGEMENT USE ONLY

- San Fernando Valley Office: (818) 778-1900

- Antelope Valley Office: (661) 945-6761

- Santa Clarita Valley Office: (661) 775-8450

Below is a list of social recreation and nonmedical therapy services that are vendored with NLACRC:

SERVICES	LOCATION
CAMPS (850)	
Ability First - Camp Paivika	*
Adrian's Place Santa Monica	*
Beyond Karate	*
Calvary Community Church	*
Conejo Recreation & Park District	*
Camp Sunshine	SFV
Easter Seals - Camp Oakes	*
Friendship Circle	*
Maliaka & Associates LLC	*
New Growth, Inc - Camp Kelly	*
New School - Village Glen Camp	SFV
CREATIVE ARTS PROGRAM (094)	
AFA HUB	*
EFC Downtown Art Center	*
Exceptional Children's Foundation	*
Game Gen	SFV
Momentum	SFV
Music Matterz Inc	*
Performing Arts Studio	*
Therapeutic Living Center for the Blind	SFV
Tierra del Sol Foundation	SFV
MUSIC THERAPY (693)	
CSUN Music Therapy Wellness Clinic	SFV
Pasadena Child Development Associates	*
SPORTS CLUB (008)	
Divergent Fitness Solutions, LLC	*
Friendship Circle	*

1) Eglitis, E., Miatke, A., Virgara, R., Machell, A., Olds, T., Richardson, M., & Maher, C. (2024). Children's Health, Wellbeing and Academic Outcomes over the Summer Holidays: A Scoping Review. In *Children* (Vol. 11, Issue 3). Multidisciplinary Digital Publishing Institute (MDPI).

<https://doi.org/10.3390/children11030287>

Physical Health

- Free gym memberships

Access to gyms and classes where children and teens can get active are available for free at the YMCA, CorePower Yoga, and Planet Fitness. Invite families to find the location closest to them to sign up this summer!



MAY 15th TO SEPTEMBER 1st

TEENS AGES 15-18 WORK OUT TOTALLY FREE!

UNDER 18 MUST SIGN UP IN CLUB WITH A PARENT/GUARDIAN.



TEEN FITNESS CLASSES

ENTER TO WIN A
\$5,000 SCHOLARSHIP*



Healthy Meals

- Lunch at the Library

Each year California state library funds community-based organizations to serve meals at public libraries for children throughout the summer. Not only do children get a balanced meal, they also offer simultaneous presentations and wellness programming. This interactive map shows all public library locations offering free meals: <https://www.cde.ca.gov/ds/sh/sn/summersites25.asp>

