

Preventing Summer Slide in Literacy and Mathematics and Promoting Emotional Wellness

Presented by:

Ms. Penn, Mr. Bain, Dr. Gan, and Dr. Linas



Agenda

- Welcome and Introductions
- Promoting Literacy and Math in the Summer
 - Summer Literacy
 - Literacy Resources
 - Summer Math
 - Math Resources
 - Grade Level Fluency Goals
- Building a Healthy Summer Routine
 - New normal-Structure
 - Summer challenges



Literacy and Math in the Summer

Keep Brains Active

The goal is not perfection or long lessons every day — the goal is consistent thinking throughout the summer.

Even 10–20 minutes a few times a week can make a big difference.

There Is No “One Right Way”

Every family schedule is different. The best summer math plan is one that:

- Fits realistically into your family routine
- Is manageable to maintain consistently
- Includes activities your child enjoys
- Gives students some choice and ownership

Include Your Child in the Plan

Students are more motivated when they help make decisions.

Try having conversations like:

- “What did you feel really confident with this year?”
- “What was tricky and could use more practice?”
- “What activities did you enjoy?”
- “How often do you think we should practice?”
- “How should we make it fun?”

You might say:

“In our family, we value learning, so we’ll keep practicing math and reading this summer. Let’s decide together what that will look like.”



Promoting Literacy in the Summer

The "summer slide" in literacy refers to the loss of reading skills and vocabulary that students experience during summer break. Experts estimate children can lose up to two to three months of reading progress if they do not engage with text over the break, making early intervention critical. (Ohio Children's Trust Fund)

Ways to Prevent "Summer Slide"

- **The 20-Minute Rule:** Just 20 minutes of daily reading can prevent learning loss. Be sure to choose from different genres of literature (fantasy, nonfiction, biographies, etc.).
- **Let Them Choose:** Children are more engaged when they select their own reading materials. Magazines, comics, graphic novels, and audiobooks all count as valid reading.
- **Read Together:** Family read-aloud sessions or having a child read to a pet or younger sibling boosts comprehension and confidence.
- **Discuss the Text:** Ask questions to promote critical thinking, such as *"How do you think the main character is feeling?"* *"What do you think will happen next?"* *"Why do you think that?"* (Remember to ask "how" and "why" questions to have your child explain their thinking.)
- **Make Connections:** As your child reads over the summer, visit places that connect with the stories. For example, dinosaur books may spark a visit to The Natural History Museum.
- **Books as Theater:** Turn your child's favorite books into theater. Let them put on shows inspired by the books they read.
- **Strengthen writing skills:** It's important for kids to keep writing during the summer, too. Think about low-stakes writing such as creating a grocery list for a summer picnic, keeping a nature journal, writing postcards to family members, or writing a persuasive letter to parents about fun things to do together this summer. And as your child is building vocabulary through reading, give them a chance to practice using some of these new words in their own writing.



Literacy Resources



- <https://www.readingrockets.org/books-and-authors/literacy-calendar/summer-reading-> Reading Rockets has a “virtual beach bag” of downloadable materials, literacy calendars, and family activities.
- [https://www.summerlearning.org/-](https://www.summerlearning.org/) The National Summer Learning Association is a hub for summer learning support.
- [https://www.scholastic.com/parents/books-and-reading.html-](https://www.scholastic.com/parents/books-and-reading.html) Scholastic Books suggests books (by age and grade) for students to enjoy.
- [https://readwithmalcolm.com/readcamp/-](https://readwithmalcolm.com/readcamp/) READCamp is a free virtual summer reading training camp for kids! Tackle the Summer Slide with Head Coach Malcolm Mitchell. Stay in great reading shape and have fun this summer.
- <https://www.readnaturally.com/literacy-activities-for-summer-> This site has free printable worksheets that are great for kids to work on at home over summer break—or anytime!
- [https://www.getepic.com/-](https://www.getepic.com/) Epic books give children access to thousands of books!

Summertime Math

Everyday Math Opportunities

- Grocery shopping → estimating, rounding, comparing prices
- Cooking/baking → fractions, measurement
- Travel → elapsed time, distance, budgeting
- Sports → statistics, scorekeeping
- Money → saving, spending, making change

Fluency Practice

Short, regular fluency practice helps students keep skills fresh.

Depending on Grade Level

- Counting fluency
- Number recognition and quantity recognition
- Addition & subtraction facts
- Multiplication & division facts

Math Ideas

- Math Board games
 - Monopoly
 - [Click here for some other options](#)
- Math projects:
 - Plan a vacation budget (adding/subtracting/decimals, time)
 - Design a dream bedroom (area/perimeter)
 - Create a store or restaurant (adding/subtracting/decimals)
- Family challenges:
 - Mental math discussions
 - Estimation jars
 - “Which is the better deal?” games
 - Car trip games (pick a number and try to make that with license plate numbers)

Math Resources

Free Online Resources

[Common Core Math Standards](#)-End of year standards for each grade

[Khan Academy Kids](#)- Free interactive math activities and games (PreK-2nd)

[Khan Academy](#)-Free lessons and practice for all elementary grades

[Prodigy Math](#)- Game-based math practice (also has reading and is through clever)

Printable & Offline Resources

[Teachers Pay Teachers](#)-Printable worksheets and activities

[Education.com Math Worksheets](#)-Printable worksheets and activities

[Math Mammoth](#)-Skill review worksheets and summer packets

Low-Prep Family Activities

[Bedtime Math](#)-Short daily math problems and stories for families (ages 3-9)

[Greg Tang Math](#)-Number sense games, puzzles, and books

[NRICH Maths](#)-Rich problem-solving tasks and puzzles

End of Grade Level Fluency Expectations

- **K**
 - Count to 100 by ones and tens
 - Count forward from a given number within a known sequence
 - Write numbers from 0 - 20
 - Add and subtract within 5 (from memory)
 - For any number 0-9 give it's partner to 10
- **1st**
 - Count to 120, starting at any number less than 120
 - 10 more 10 less
 - Add within 100
 - Subtract multiples of 10
 - Add and subtract within 10 (from memory)
 - Add and subtract within 20
- **2nd**
 - Count to 1,000
 - Sums of all 1 digit numbers (from memory)
 - Add and subtract within 20 (mental strategies)
 - Count within 1000, skip count by 5s, 10s, and 100s,
 - Add and subtract up to 1,000

End of Grade Level Fluency Expectations

- **3rd**

- Multiply and divide within 100
- Round to the nearest 10 and 100
- Add and subtract within 1,000
- Multiply 1-digit numbers by multiples of 10.

- **4th**

- Find factor pairs for numbers 1-100
- Round multi-digit numbers to any place
- Multiply 1 digit numbers and up to 4 digit numbers. (3×2458)
- Divide up to 4 digit numbers by 1 digit numbers ($2458 \div 3$)
- Add and subtract any multi-digit whole numbers

- **5th**

- Read, write, and compare decimals to the 1 thousandths place
- Round decimals to any place
- Add, subtract, multiply and divide decimals to the hundredths place
- Fluently multiply numbers using standard algorithms.
- Divide up to 4 digit numbers by 2 digit numbers ($2458 \div 33$)

Build a Summer Routine

Break from school is fun — but kids still need a new "normal"

Routines REDUCE:



- Conflict, demands, and begging
- Anxiety and uncertainty for your child

Routines OFFER:



- **Clear expectations:** First X, Then Y, visual schedule, planned downtime, and screen time plans
- **The "Limit-Setter":** "Yes, ice cream AFTER our reading time!"
- A predictable schedule supports **wellbeing**, even with more free time

Structure to Support Success

- **Visual schedule/calendar** — just like what your child sees in the classroom
- **Consistent bedtime & bedtime routine**
 - Some kids are "finicky about sleep" — moving it around makes back-to-school hard
 - Start adjusting back to school schedule 2 weeks before school starts
 - Kids still need the same amount of sleep in summer — sleep supports health across the lifespan
- **Schedule "free time"** — 30+ minutes of screen-free, child-directed activity
- **Screen time:** Create a Family Screen time plan (see AAP Media Interactive Plan)
 - <https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx>



Opportunity: Build Independence & New Skills

Summer is a great time for skill-building

- **Independent Activities (IA) → increase self-efficacy, reduces anxiety**
 - letgrow.org — Opportunities for independence across all ages
 - Do things on own at home and out and about
 - Getting ready for school = also building emotional IQ
- **Daily Living Skills / Start doing without an adult**
 - K–1st grade: pairing socks, folding laundry, emptying the dishwasher, find something without asking for help
 - 2-5th: Taking out garbage/recycling, kitchen tasks, get up on own, make breakfast or lunch
 - Let your child choose from a list of 3 projects /chore they'll be in charge of
- **Opportunities for Practice**
 - Handling boredom — schedule unstructured time and resist filling it!
 - Handling no
 - Flexibility



Let Grow

Flexibility Bingo

Handling "no" calmly	Having a Plan B	Compromise on a snack	Try a new food	Switch to Plan B
Wait for a turn	Offer a group solution	Let someone go first	Change seats easily	Accept a change
Go with 2nd choice	Calm deep breath	FREE SPACE	Play a new game	Listen to a peer
Switch activity	Share a toy	Use a kind word	Agree to a vote	Try again later
Find a middle ground	Ignore a small bug	Move on quickly	Stay flexible!	Ask for help

Embrace Reward Systems!

- Use a habit tracker and reward for “not breaking the streak”
 - e.g read 10 pages each day for 7 days= Reward
- Create a specific goal using positive language
 - Play with your brother for 10 minutes/day , hands and feet to yourself, kind words
- Use points or rewards to reinforce your goals



Additional Resources

Dr. Oron Gan

- DBH SMHP
- 202-365-5133
- oron.gan@dc.gov

Dr. Keri Linas Alvord Baker & Associates: www.alvordbaker.com

301-593-6554 ext 23

klinas@alvordbaker.com

- Individual Therapy
- Groups for Kids and Parents
- Neuropsychological Evaluations
- Consultations

Other Resources:

www. LetGrow.com

AAP Family Screen time plan



Alvord Baker Therapy Groups



Let Grow



AAP Family Media Plan