



The WHALE Study
Family Newsletter
July | 30th | 2021

Summer Slide

Contrary to the exciting name, “summer slide” is a term that refers to the theory that children lose an average of a month worth of learning during the traditional summer break from school. There are

things families can do to prevent or reduce education loss over the summer -- so why didn't we talk about this in a newsletter sooner?!

For one, some researchers have expressed doubt about the seriousness of this education loss. Importantly, not all kids experience this “slide” to the same degree. For example, when kids practice their school skills during the summer or attend year-round school they tend to be able to learn more easily and ultimately learn more in the fall. Two, we believe this year has been challenging enough without adding pressure to your summers. We hope you found opportunities to enjoy moments in each other's company. Third, developmental expectations for children have been affected by COVID-19 interference.

As traditional school resumes (or begins, for some Kindergarteners) in August, we bring attention to what families can do to encourage learning at home throughout your activities. These strategies can help to ease children's transition to school and remind them that **learning can be fun!** You don't need to create flash cards, but perhaps ask your kids to count or practice addition with their French fries! Allow your children to choose which books they want to read (or be read). Get out of the house to explore! Novelty and creativity, using their imagination, are also great ways to stimulate the brain and promote healthy development.

Click [here](#) to tell us what topics you want covered in future newsletters!

Check out the page below for **summer slide** and **community** resources!

How to Beat the SUMMER SLIDE



Have your child read for at least **20 minutes** every day.

Spend time **cooking** together.



Explore different kinds of **reading material** like picture books, chapter books, and magazines.

Make use of your **local library**.



Listen to **audio books** on summer car trips.

Read aloud with your children daily.



Review skills with fun, hands-on review activities.

Engage in **meaningful conversation** and help build your child's vocabulary.



Enjoy a **new hobby!**

Learn more about these great ideas at <http://blog.AllAboutLearningPress.com/summer-slide>

ALL ABOUT Learning Press



Please reach out if you have any questions, comments, or concerns regarding The WHALE Study or the COVID-19 situation. Staff can be reached by call, text, or email: whalestudy@unc.edu | 919-914-0588

Find us on Twitter: [@circlelab_unc](#), Instagram: [circlelab_unc](#), and [Facebook!](#)

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REMINDERS

***Reminder:** Please refer your friends if they have a 4-6-year-old and you think they would be interested in participating in the WHALE study. For every eligible family that you refer to us, you will receive \$10! Email us at whalestudy@unc.edu or call/text us at 919-914-0588 with their information.*

SUMMER SLIDE + COMMUNITY RESOURCES (CLICK BLUE LINKS)

- [StoryWalks](#) are laminated pages of books posted throughout walking trails. In addition to options in Wake County, 3 have been added in Chapel Hill at Homestead Park, Pritchard Park and the Tanyard Branch Trail at Umstead Park.
 - [Wake County Information](#)
 - [Chapel Hill Information](#)
- The infographic above is from All About Learning, which has [TONS OF LINKS](#) to more activities, including their own! We encourage you to check out the resources on their page for your young children.

HOUSING

- [Durham Continuum of Care \(CoC\)](#)
- Eviction Information: 216-965-5095
- [Durham Rescue Mission](#)
 - 919-688-9641
- [Orange County Partnership to End Homelessness](#)
- [Urban Ministries of Durham](#)
- [Durham County Social Services](#)
- [Orange County Social Services](#)
- [Wake County Social Services](#)

FOOD & GROCERIES

- [Wake County Public Schools Free Meals](#)
- [Durham County Public Schools Free Meals](#)
- [Orange County Food Resources](#)
- [Chapel Hill/Carrboro Schools](#)
- [TABLE](#)
- [Food Bank of Central & Eastern North Carolina](#)
- [Wake County Food Resources](#)
- [No Kid Hungry NC](#) - Text FOODNC or COMIDA to 877-877 to receive information about 3 drive-thru or pickup sites with meals for kids closest to you

HEALTH & SAFETY

- [Compass Center for Women and Families](#)
 - 919-929-7122
- [Durham Crisis Response Center](#)
 - 919-403-9425
- [InterAct Family Safety and Empowerment Center](#)
 - 919-828-7501
- [Orange County Rape Crisis Center](#)
 - 866-935-4783 (call) , 919-504-5211 (text)
- [Freedom House](#)
 - 919-967-8844 (Crisis Unit, Chapel Hill)
 - 1-877-967-8844 (Mobile Service)
- [Suicide prevention lifeline](#): 1-800-273-TALK (8255)
- Hope4NC Helpline: 1-855-587-3463
- [Crisis Text Line](#): Text HOME to 741 741

CHILDCARE

- [NC Hotline for Critical Workers Seeking Child Care Options](#)
- [Covid Childcare Co-op Creator](#)
- [Covid Urgent Childcare](#)
- [Child Care Services Association](#)

LEARNING

- [Scholastics Learn at Home](#)
- [Khan Academy](#)
- [PBS Kids](#)
- [CDC Tips for Talking with Children about COVID-19](#)