



"It's gonna be May"- Getting kids ready for summer break

As the academic year winds down, children often spend time away from their daily structured educational and social opportunities via child care or school. As a result, researchers have found that young children can lose some of their reading and math skills if they aren't practicing over the summer. We wrote about this "summer slide" in a [previous issue \(summer 2021\)](#) but much like we're advocating for here, reminders can help!

Structured settings like school, school or parks and rec camps, or daycare provide routine and learning opportunities to help children thrive. While kids need breaks to "be a kid," we recommend maintaining similar types of structure and learning throughout the summer. Research has shown that when children aren't provided with sufficient learning and social opportunities, their development suffers, even in non-academic areas. For example, they may have more challenges with self-control, planning ahead to meet goals, distractibility and inattention. So how do we keep kids engaged?

Regardless of your child's age and abilities, reading is beneficial. Encouraging your child to read or reading aloud to them offers opportunities to not only engage with these verbal and cognitive skills, but also learn from the content! Librarians can help select books appropriate for your child's age, abilities, and interests. You can also apply these skills when around town by reading signs (stores, billboards). Audiobooks offer similar types of cognitive stimulation so consider switching it up in the car. Libraries often have digital subscription services for free access to audiobooks. Just 15 minutes of reading per day can progress a child's literacy skills!

Math skills can easily be incorporated by counting or sorting items, measuring things, and noticing patterns. Puzzles and games can also help improve concentration, reasoning and problem-solving skills so even if it feels silly, be sure to engage with kids in activities designed for their age range! This also includes encouraging creativity and imagination from art to dress-up or making music. Kids who enjoy screen time can benefit from the many educational apps and games that make learning fun. In contrast, even being out and playing in nature has been shown to provide developmental benefits for children!

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

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

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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
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Children with learning disabilities and/or ADHD may find that summer offers an opportunity to “catch up” to their peers via enrollment in an “intensive” educational summer program, including free options offered by local public schools. If your child may benefit from this type of program, we highly recommend reaching out to their current teacher to see if your child qualifies for options in your district.

RESOURCES FOR STOPPING THE “SUMMER SLIDE”

- Save this [quick tip sheet](#) (also in [Spanish](#)) for suggestions on how to stop learning loss over the summer.
- Learn about fun activities for working on your child’s literacy and math skills, cognitive abilities, and creativity:
 - [“Stop the Summer Slide”](#) – Smart Start
 - [“How to Prevent Your Kids From Losing What They Learned in School During Summer Vacation”](#) – Scholastic
 - [“How to Avoid Kids’ Summer Learning Slides”](#) – Psychology Today
- For enriching summer activities aimed at **older children**, click [here](#).
- Click [here](#) to read about supporting **your child with ADHD** over the summer.

COMMUNITY RESOURCES

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](#)
- **Social Services:**
 - [Durham County](#)
 - [Orange County](#)
 - [Wake County](#)

FOOD & GROCERIES

- [Food Bank of Central & Eastern North Carolina](#)
- [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.
- **Free/Reduced Price School Meals:**
 - [Chapel Hill-Carrboro City Schools](#)
 - [Durham County](#)
 - [Wake County](#)
- **Food Resources by County:** [Orange County](#), [Durham County](#), [Wake County](#)

HEALTH & SAFETY

- [Compass Center for Women and Families](#)
 - 919-929-7122 (24/7 Domestic Violence Hotline)
- [Durham Crisis Response Center](#)
 - 919-403-6562 (24-hour Help Line)
- [InterAct Family Safety and Empowerment Center](#)
 - 919-828-7501 (Main office)
- [Orange County Rape Crisis Center](#)
 - 866-935-4783 (call), 919-967-7273 (text)
- [Freedom House](#)
 - 866-275-9552 (Orange/Person County Mobile Crisis)
 - 919-957-7386 (Durham Women’s House)
 - 336-599-8366 (Roxboro)
- [Suicide & Crisis Hotline](#): call or text 988
- [Hope4NC Helpline](#): Call or text “hope” to 1-855-587-3463
- [24/7 Crisis Text Line](#): Text HOME to 741741

CHILDCARE

- [Childcare Payment Assistance](#)
- [CCSA Child Care Scholarship Program](#)
- [NC Pre-K](#): state-funded, part-day preschool program
- [Durham Pre-K](#): 1-833-773-5338
- **Child Care Subsidy Programs:**
 - [Alamance County](#): 336-570-6532
 - [Durham County](#): 919-560-8300
 - [Orange County](#): 919-968-2000
 - [Wake County](#): 919-212-7000
- [Child Care Referral Central \(CCRC\)](#)

LEARNING

- Scholastics: [Learn at Home](#) & [Book Lists By Age](#)
- [Khan Academy Kids](#)
- [PBS Kids](#)

More community resources can be found on our website: circlelab.unc.edu