

Meta description: Want to prevent your child’s academic “backslide” during summer vacation? Discover 5 simple ways to avoid the “summer slide” and make summer learning FUN.

5 Tips for Avoiding the Academic Summer Slide

When summer comes, children of all ages rejoice.

No more learning, sleeping in late, and no schedules. A perfect haven for kids.

Enter the dreaded “summer slide.” But what is it?

The summer slide is a loss of learning that happens to many kids when they take summer off from learning.

Wonder if it’s really a big deal? The following statistic reveals the consequences.

Children who suffer a summer slide each year of their schooling will be two years behind their classmates by sixth grade.

With the pressures kids face to [get into the college](#) of their choice, avoiding the summer slide is crucial.

Parents can help their kids stay ahead of backsliding by following a few simple tips.

1. Set up a daily schedule

Apply what billion-dollar corporations have done to build their businesses. Franchises like McDonald’s have long ago figured out that having a system in place is the best way to ensure success.

That means planning your schedule in every detail. Establish a daily time and length.

The good news? Some parents and teachers suggest that 20-30 minutes a day is enough to prevent academic backtracking.

2. Increase motivation in your kids

Want to make summer learning easier? Start at an early age.

If your kids are just entering kindergarten, start right now. Condition them to expect their summer learning activities as part of their daily lives.

When summer learning is something they do every day of every summer, it becomes normal to them, just like bathing or cleaning their room.

If your kids are older (tween or teen) you can still motivate them for summer learning with a simple reward system.

What if your kids are on restricted use with their phones or tablets? You can reward them with additional screen time after they complete their summer learning activities.

Here's a BIG tip: Stress to your kids they only get more screen time after completing their summer learning *without complaining*.

3. The ONLY summer learning activity your kids need

Want to know the most useful activity for preventing your kids' backsliding?

It's reading. That's all.

Have your kids read 20-30 minutes a day. Reading is wonderful for kids' developing brains.

When your kids are running, jumping, and twisting in gym class, what are they doing? They're working their muscles.

Humans need to use their muscles to prevent atrophy, maintain proper weight, and other benefits.

But your brain is a muscle, too. People often forget that.

By reading books, you exercise your brain. The more you use your brain, the healthier you are. And reading keeps the brain limber and ready for more learning.

4. Ways to make reading fun in the summer

While the simplicity of the first three tips is great for effective summer learning, there are ways to make it fun for your kids.

- **Read to your kids** - "Older" kids may claim they're too grown to be read to, but deep down they still enjoy it.
- **Form a book club for tweens and teens** - Reach out to your neighborhood's fellow parents and start your own club.
- **Start competitions** – Partner up with neighborhood parents and start a good-natured contest. For prizes, use educational products like books from Amazon or a trip to a local museum.

5. Take advantage of your library

Want to make this already simple summer slide prevention program even easier? Take your kids to your local library.

Most libraries across the United States have a Summer Reading Program. Each year, they select a new theme.

In 2019, the theme was 'space,' to tie into the NASA moon landing. A few years before that, 'sports' was the summer theme.

Your library will probably have suggested reading lists broken down by age groups, contests, rewards, and more.

What if this year's theme doesn't appeal to your child? They may still want some of the rewards the library advertises. Or the contests might be fun. And there's entertainment, too.

Yup, entertainment.

Some librarians hire professional entertainers like magicians and jugglers to visit their libraries. These artists perform an entire show crafted around that year's theme.

Are your kids addicted to their screens? Having them enjoy a live performance (even on such a small scale) is another stimulating experience for them.

The best part? This amazing resource is free.

Your next steps

The key to making a summer program like this work is your involvement.

By getting involved, you'll be doing your best to ensure your child develops good habits long before they have to [find ways to pay for college](#).

Most importantly? Have fun! People of all ages learn and retain more when they enjoy themselves.