

MAY
Summer Success



DARE to EXCEL:

Creating home environments that help kids succeed at school

Fact: While some children are able to maintain school learning during the summer, time away from the classroom can have a negative impact on children's academic progress.

Learning loss is most common in math, language, and spelling. Some children can take weeks or even months to recover from summer learning loss when they go back to school in the fall.

Intelligence does not influence children's loss of already learned information. Learning loss is natural. Parents, however, can limit summer learning loss.

Tips to prevent summer learning loss.

- Encourage your children to read for fun. Sign up for a library summer reading program.
- Read to and with your children. Show by example that reading is important.
- Involve children in summer programs that combine academic activities, outdoor recreation, crafts, and field trips.
- Help children apply math skills to daily life. Show them how to compare grocery prices, calculate gas mileage, or follow a recipe.

Some children can lose 1 to 2 months of their previous grade level learning over the summer.

Consider Summer Camp!

Camp can be a great time for kids, as well as a great time for learning.

Check out the 4-H Youth Camps. <http://www.extension.iastate.edu/4h/center/>

PROVEN PARENTING PRACTICES

Routines at home help kids learn

Learning at home helps kids learn at school

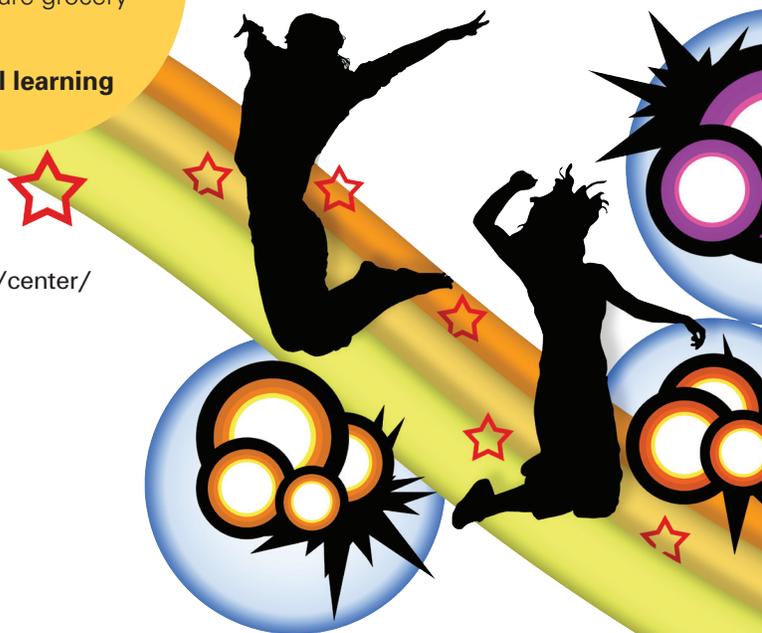
Setting limits with love helps kids learn at school

Good nutrition helps kids learn

Physical activity helps kids learn

Sleep helps kids learn

Community programs help kids learn at school



IOWA STATE UNIVERSITY
Extension and Outreach

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SUMMER ACTIVITIES and SNACK IDEAS

- **Plant** a garden. If you do not have room in your yard, use a large wooden box filled with potting soil. A garden is an excellent classroom. Kids learn to nurture, respect, succeed, fail, appreciate, and cooperate. Grow family memories!
<http://www.kidsgardening.org/family-gardening>
- **Play** at different parks each week.
- **Plan** a scavenger hunt around your yard or neighborhood.
- **Make** a delicious treat with
 - carrots or celery and ranch dip or peanut butter
 - peanuts and raisins
 - apple slices with peanut butter
 - grapes with cheese cubes or cheese sticks

Keep routines during the SUMMER

- Predictable schedules help kids feel safe and secure.
- Routines help children know their needs are being met and will be met in the future.
- Routines help children develop self-control and self-esteem.
- Summer routines reduce anxiety, stress, and acting out behaviors.

What Parents Can Do:

- **Keep regular bedtime routines** to help kids get enough sleep to be healthy.
- **Share family meals** regularly to promote strong relationships and enjoy each other.
- **Maintain a schedule for family chores** to promote and teach cooperation, responsibility, fairness, and commitment.



YUMMY ICE CREAM

Ingredients

4 cups whole milk
Equivalent of 4 eggs of
pasteurized egg product
 $\frac{3}{4}$ cup sugar
1 teaspoon vanilla

Supplies

Large mixing bowl 2 quart-sized zip closure freezer bags
Whisk 2 gallon-sized zip closure freezer bags
Paper cups 10 cups crushed ice
Plastic spoons 6 large handfuls of rock salt
Scissors 2 kitchen towels or bath towels

Directions

1. Measure the milk, sugar, eggs, and vanilla into a large mixing bowl. Whisk together.
2. Pour mixture into two quart-sized bags and seal top.
3. Scoop 2 cups crushed ice into each gallon-sized bag. Add a large handful of rock salt on top of the ice.
4. Place the quart-sized bags inside the gallon bags. Add 2-3 cups more of crushed ice to each gallon bag. Top ice with another large handful of rock salt. Seal the gallon bags. Place each bag on top of a towel.
5. Holding the towel, flip the bag over and over. The ice cream will harden within 10 minutes. Leave ice cream to set.
6. Pull ice cream bag out of gallon bag. Clip off one bottom corner of bag. Squeeze ice cream into dishes.



RESOURCES AND INFORMATION

SCIENCE OF PARENTING: blog, podcasts and tip sheets <http://blogs.extension.iastate.edu/scienceofparenting>

Research based information and resources to help parents in their important role of raising children.

PARENTING YOUNG TEENS: fact sheet series

www.extension.iastate.edu/homefamily/parenting/teens.ht

JUST IN TIME PARENTING: free parenting eNewsletters www.extension.org/parenting

ECOFAMILIES: blog

<http://blogs.extension.iastate.edu/issuecofamily>

SPEND SMART EAT SMART: blog

<http://blogs.extension.iastate.edu/foodsavings/>

This newsletter series is based on information in Partnering in Communities: Strong Families, Strong Communities, an ISU Extension led community-based project focused on creating communities that help parents develop knowledge and skills to help their children be successful learners. This project was developed in partnership with Iowa Statewide Parenting Information Resource Center.