



Summer Brain Drain is a Downer

Summer is great as a break from school, but it doesn't have to be a break from learning. Summer "Brain Drain," also known as the "Summer Slide" is a term commonly used to describe the learning loss that takes place for many students during summer months. Brain Drain occurs when the extended break from structured learning and scheduled academic work makes the mind lazy and makes it easier to forget material that has already been learned.

Studies show that kids can lose as much as two to three months of reading skills over the summer. Another study found that 66 percent of teachers said they're spending three to four weeks at the beginning of the school year teaching old concepts and skills that have been forgotten.

Boosting Brain Power Over the Summer Break

- **Explore New Interests:** Use the slower pace of summer to really get to know your child through conversation. Pay attention to what sparks your child's interest and do what you can to line up opportunities to explore those interests more in depth.

- **Read, Read, Read:** Kids are more likely to read if what they're reading about is of high interest to them. Children can learn through various mediums that connect to text. So think outside the book box. Reading material is all around us ... online articles, magazines, digital books, recipes, craft instructions, gaming manuals, etc.
- **Listen Up:** Research reveals the important link between being a good listener and being a good reader. Audio books allow students to access literature up to two grade levels above their current reading level since listening takes away the burden of having to decode complex words. When they are later required to decode more complex text, they'll have an easier time since the words will already be familiar to them.
- **Plug In:** Take advantage of the platforms and media your kids are already using on a day-to-day basis. There are many innovative mobile apps and digital programs that can help kids learn from the comfort of their computer, smart phones or tablets. These apps allow kids to explore areas of interest and learn new things in an interactive, engaging way.

Include **Just Take 20** in your family's summer plans. You can learn more about this free family resource from the Florida Department of Education at JustTake20.org.

Come read with us!
Visit JustTake20.org for fun family reading activities!

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