

How to Avoid the “Summer Slide”

by Dr. Niki Wood, Psy.D.

Now that school is out, kids and adults alike have their eyes on the prize- SUMMER! By now, everyone is ready for some fun, some free time, and some adventures. But in the way way way back of parents’ minds is the challenges of the (upcoming school year) → I put that in parentheses for fear that mentioning the upcoming school year would result in my car getting egged. 😊

Summer is such a great time for self-care, family time, fun with friends, BUT...what *about* that upcoming school year?!

Here are some tips to stop, or at least slow down, the dreaded “**SUMMER SLIDE**.”

- ✓ Research shows that reading SIX books over the summer helps to slow down any reading regression.
- ✓ Read something EVERYDAY. Newspapers, magazines, BZA e-newsletters...the options are endless!
- ✓ Read ALOUD with your child.
- ✓ Do the summer reading program at your local library.

BZA Staff Recommendations:

Tristan Stewart: Wishtree by Katherine Applegate (<http://wishtreebook.com/>)

Sue Behling: Princess Diaries by Meg Cabot or Captain Underpants by Dave Pilkey

Niki Wood: The 39 Clues (<http://the39clues.scholastic.com/>)

Jenny Menegon: Where the Sidewalk Ends or A Light in the Attic by Shel Silverstein

Gerry Wetzel: Harry Potter by JK Rowling

Jeff Bondora: Star Wars

Dania Conejo: Love That Dog by Sharon Creech

Jessica Zaucha: Ivy and Bean by Annie Barrows

Scott Cyphers: The Shack by William Young

Rebecca Ciesla: Where the Red Fern Grows by Wilson Rawls

Colleen Benson: Dinosaurs Love Tacos by Adam Rubin or Wonder by R.J. Palacio

Amanda Winter: Drugs, Girls, and Dangerous Pie by Jordan Sonnenblick

Eviee Lakony: Curious Incident of the Dog at Midnight by Mark Haddon

Julie Sweeney: Peak by Roland Smith or The Hunger Games by Suzanne Collins

Dawn Livorsi: Matilda by Roald Dahl