



### Tips to help kids continue to learn throughout the summer

- 1 Parents and other adult role models have the power to raise caring, compassionate kids. Find opportunities to **serve others together** -- from volunteer work to random acts of kindness. By the time they're in high school, kids should spend at least an hour a week on community service projects.



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- 2 It's up to you to instill a **love of reading** in even your youngest children; the American Association of Pediatrics recommends daily reading time beginning at six months of age. As your kids grow, continue to make reading a big part of your life by sharing books daily and pointing out letters, words, and fun pictures wherever you go.



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- 3 Creating **healthy family boundaries** means always knowing where your children are, setting behavior guidelines, and fully expecting your kids will take part in family activities. Praising their involvement and embracing their input will keep them coming back for more!



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- 4 Want your teen to feel comfortable asking you for advice? **Open up the lines of communication** by talking honestly about your own experiences. What was life like when you were a kid? What hardships did you face? What lessons did you learn?



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- 5 If your children's crayon-colored stick figures still have three legs and two noses at the end of the summer, don't worry! It's more important that young kids' exposure to the arts helps them feel **open to new experiences, empowered to keep creating, and inspired to think about their futures**. (Some might even declare they want to be "real" artists someday!)



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- 6 By the time your kids are in middle or high school, it will be much more obvious which types of art are the most fun and fulfilling for them. **Whether it's theater, dance, or visual arts, make sure they're engaged** in those activities for two to three hours each week outside of school.



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- 7 It's never too early to **start raising a reader!** Have read-aloud time every day at home.



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- 8 As kids get older, the time they spend reading for pleasure declines. Kids ages 12 to 18 should **curl up with a good book** or read aloud with you for at least three hours a week.



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- 9 From preschool through third grade, kids benefit from participating in a weekly creative **activity outside of school**, like music or dance classes, as well as being part of a sports team, club, or organization.



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- 10 Up the ante with older kids! Your 8- to-12-year-old will benefit most from **exposure to creative classes and sports activities** at least twice a week. Outside of the school day, older kids need at least three hours a week of action-packed, creative activities.

