Summer Learning Matters

Here are some tips to keep your child’s brain sharp and active during summer time.

Fun, educational summer activities can help kids keep important skills learned during the school year and prepare them for the year ahead.

- Visit the library.
- Check out the TEL- Tennessee Electronic Library for online books, games, and activities.
- Encourage your child to journal daily.
- Read aloud with your child for at least 20 minutes every day.
- Take educational family trips like hiking, camping, trips to the zoo or museums.

Healthy habits are particularly important in the summer months, when kids are out of school. Their days are less structured, and they’re more likely to eat junk food. Find help with Small Starts for Families at healthiertn.com.

- Eat healthier snacks by keeping carrot sticks, apples, and bananas handy.
- Reduce sugary drinks and drink more water with a squeeze of lemon, lime, or orange.
- Eat meals together.
- Make a plan to walk, hike, bike, or go to the park every day.

For general information about children’s health, education, development, and support, and for a directory of state services for children and families, visit www.kidcentraltn.com.