

**10 simple things listed below to help ensure that child(ren) have a summer of FUN, PLAY AND LEARNING:**

1. Read a little every day. Turn off the TV/computer for a bit. Let your children see you reading. Read at bed time and other times during the day. Have a regular family reading time. Visit your local library and become a member if not already one. LEARN A NEW WORD TOGETHER EVERY DAY if you can. Reading keeps children's minds alert and ready to learn when they return to school.
2. Use Math Every Day – when shopping for food, ask children to estimate total cost of items. Make up math word problems when en route to or from home. Look for mathematical shapes in your environment. Practice math problems together – children set problems for their parents to solve and parents set problems for their children to solve.
3. Play Every Day – try to make sure your children get at least 60 minutes of physical activity each day. This prevents childhood obesity and if you play game with teams, teamwork teaches important social skills. Recent data indicates that 1 in 5 Jamaican children are obese.
4. Write Every Week – encourage your child to write letters and make a summer book of their own stories and illustrate it. (If very young children, this means practice forming letters and having them dictate their story to you to write down). Also ask them to help make the grocery list, keep a summer journal.
5. Education Programmes - If you do watch TV try to watch educational programmes and visit THEIR websites. Try and limit TV watching as you would during school time.
6. Do Something Good. Encourage your child(ren) to take part in a service learning project at Church or to volunteer with a neighbourhood ngo or to develop their own project – whether it is organizing a food drive, collecting old clothes to give away, sorting through their toys to give some away, etc.
7. Summer Jobs. Encourage children to create their own summer jobs helping around the house – pay them for their chores in cash or kind.
8. Make a Family Scrapbook – gather all of your photos, ticket stubs, etc and preserve your summer memories together.
9. Cook Together – make family meals and teach measurement and culinary skills at the same time.
10. Visit your Local Museums/Heritage Sites/Gardens- many are free or have reduced admission if your child is in uniform. Visit [www.instituteofjamaica.org.jm](http://www.instituteofjamaica.org.jm) or [www.jnht.org](http://www.jnht.org) for more information.



MINISTRY OF  
EDUCATION

Every Child Can Learn  
Every Child Must Learn

Excerpted from - <http://www.accreditedonlinecolleges.com/blog/2011/50-creative-ways-to-fight-the-summer-slide/>