

## **Summer Recommendations**

Please keep in mind that these children are very young, so we want them to retain the skills/concepts they have acquired without ruining their Summer! The suggestions I make are just that - suggestions - to help make the transition to Pre-K 4 as easy as possible for your children. During time away from school, 3 and 4 year olds should be spending more time exploring and playing outside, swimming, playing at the beach, and participating in other fun, relaxing activities than doing school work inside. All of the activities below can be done in just a few minutes, and little children learn much better if you spend only 15 or 20 minutes each day doing "work". Do it in short bursts of time, and your child will benefit much more than if you spend an hour each day. The activities I suggest are more like fun and playing than school work, so please approach it that way. I hope all of you have a super Summer break!

- read a short, age-appropriate book each day (Read *with* the child, not *to* the child - let him or her pick out letters he or she knows, let your child help you sound out 3 & 4 letter words in the book, help your child predict what will happen on the next page, etc.)
- write 3 letter words in the sand at the beach with a shell and sound them out together
- count flavors of ice cream at a shop, shells or birds at the beach, red cars on a trip, people getting on the same plane as your family, and anything else your child will find interesting
- play games like CandyLand and Scrabble, Jr.
- take a paper bag and go for a walk to see what you can collect together
- play with Play-doh to help develop little muscles to help children with fine

## motor skills

- play with sidewalk chalk - this helps develop fine and gross motor skills
- walk in the rain on rainy days to see how things look different than on sunny days and discuss what you see
- use websites like starfall.com and apps for an ipad to reinforce Phonics and Math skills
- engage in conversation with your child, asking him or her to describe things you see when out, let your child tell you everything he or she knows about a topic he or she finds fascinating, etc.
- thinking up (together) new ways to exercise -learning to jump rope, roller skating, dancing, etc.

**Reading and talking with your child are the 2 most important things you can do to help him or her develop into a functioning 4 or 5 year old. We've all heard that the *quality* of time spent with children is more important than the *quantity* of time...but this could not be further from the truth - so please try to spend as much time with your children as possible. They are absolutely delightful children.**