



## Keep Your Child Busy with Summer Learning

Do you struggle with keeping your child occupied during school breaks? While unstructured play time is important, too much of it could lead to boredom.

Building on what your child has learned throughout the previous school year is one way to keep them active and engaged. Start by incorporating any recommendations you may have received from your child's teacher into the child's summertime routine. Additional options for continued learning include:

- **Make good use of your local library.** Most libraries offer summer programs tailored to specific age groups. In addition, the library is a great resource for encouraging reading as a fun activity. If your child needs motivation, try creating a summer reading list.
- **Visit local museums.** Many museums offer children's programs on a variety of subjects. If you don't have a museum in your community, look for programs that offer online access, such as the Metropolitan Museum of Art's #metkids program.
- **Explore nature.** Visit local lakes, rivers, trails, parks, and arboretums to learn about your area's plants, wildlife, and geography. Mix playtime with nature walks or bird watching. This is a great way to get your child moving and keep them active.



- **Travel.** Road trips are an opportunity to learn geography, geology, and history. Look for ways to add some educational stops into your trip, such as visiting landmarks or other places that balance learning with amusement. Encourage your child's curiosity about the world around them.
- **Community events.** Many communities hold free or low-cost outdoor festivals, fairs, concerts in the park, or fireworks during the summer season. Check your town's website for information on upcoming events.
- **Day or overnight camps.** A summer camp tailored to your child's interests is a great way to learn and make new friends. If it's too late to book for this year, consider researching for next summer now!

LifeMatters offers parents 24/7/365 access to helpful resources and emotional support. In addition, visit the Discount Center on [mylifematters.com](http://mylifematters.com) to save on tickets, travel, and more.

## 1-800-367-7474

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Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

