

The Summer Transition

School is almost out, finals are on the way! Summer Fun is at the end of this article, stay tuned. We are at the end of our school year, it is time to wrap up all that the students have learned and have them pour it into their final testing days/finals. Check out my March newsletter for specific testing tips. Afterwards the students can enjoy field day and the summer time!

During the summer months I encourage you to have lots of fun with your child, foster academic experiences when traveling, enjoy, and prepare your child with the tips and tricks they will need when going into their following school year.

- Create structure and set boundaries

"Summer routines are sure to be different from school routines, but it's important to remember the necessity of routines. Children need to feel free of the tight structure of the school year, but they also need security knowing that some things will remain the same. Keeping the same bedtime, maintaining the same chore schedule, keeping the same meal times, can be helpful for development. You can easily discourage behavioral problems by ensuring a structured environment" (2). From the Counselor perspective I would encourage reading 20-40 minutes each night or each morning. This will allow the student to keep building their reading comprehension, vocabulary, short/long term memory, and fostering the reading skills they will need for when the school year starts back up again.

- Encourage your child to try something new this summer

"There's no time like the summer to encourage your child to try a new activity. Maybe they want to take swimming lessons, or a painting class, take up a new sport or attend a summer camp. New activities encourage brain development and build your child's focus and creativity" (2).

As I am getting to know the children at CAS I notice that they are all willing to try new activities, train their brain, work their brain, and speak to others eagerly. All of the students are motivated to learn and be a part of something that allows them to be independent and take on a leadership role.

- Encourage self advocacy

"Self advocacy is a skill we are all still learning even as adults. Saying what we want, being confident in what we are saying but starting this practice early will benefit students in the long term. Children will only learn when and how if they try it themselves, not if we are always holding their hand. Encourage students to use

their own voice in all situations, during school hours, when placing their order at a restaurant, or when asking them what choice they would like to make" (3). This encourages self confidence, awareness, and belief that they are great children.

- Create a summer bucket list

"Together with your family, come up with a "bucket list" of activities that the entire family would like to do together. Everyone can have a turn pitching an idea which can foster confidence in the child and allow them to feel that they can keep the line of communication open with their family members. This will give the children something to look forward to and create that autonomy that they made that choice for their entire family, it will feel good for them" (2). By allowing this kind of decision it will allow the student to feel comfortable with you, to be open to share their ideas and interests next time, and make that relationship grow stronger.

Work with your child's strengths and interests.

- Prepare yourself for some tough times

"Even with the best laid plans, you may see some regression and worsening behavior over vacation. Give yourself a break for not being able to magically avoid it. And be ready to hold your ground in a calm, firm, and consistent manner. Yelling or shutting down only escalates things, while giving it teaches your child that if he/she screams loud enough, he'll get what he wants. Shannon Des Roches Rosa, mother to 10 year old Leo says that her son is used to 1:1 supervision and engagement all day long during the school year, and she can't possibly provide the kind of routine and stimulation he craves - yet while she remains scared of summer, she also sees a lot of potential - especially for Leo, a self taught swimmer who enjoys basking in the family pool. No backyard pool? You may find your child is just as happy playing in a sprinkler and earning music downloads for good behavior. And if you can maintain a sense of fun, there will be many moments of learning and development of the kind that can not happen in a classroom" (1).

And with summer around the corner, do not forget to have fun, relax, and enjoy these moments with your children. Please feel free to reach out to me if you have any questions about studying or how to prepare your child for a test. Below you will find some summer resources, educational and fun at the same time. I wish you and your family a fun, healthy, and happy Summer Break.

May/June 2025

Educational Websites

[Epic Login](#) (Sign up for a family account and get access to thousands of books)

[TIME for Kids](#) (Read along/explore as a family or individually)

[Khan Academy | Free Online Courses, Lessons & Practice](#) (Math, Science, Social Studies, Social Emotional Learning, Reading and Language Arts)



Around Our Area

Stamford Museum and Nature Center [Stamford Museum & Nature Center](#)

Bruce Museum [Home page - The Bruce Museum](#)

Stepping Stones Museum for Children [Stepping Stones Museum for Children | Norwalk, CT](#)

Sono Switch Tower Museum [SONO Switch Tower Museum | Museum in Norwalk | 77 Washington Street, Norwalk, CT, USA](#)

Discovery Museum & Planetarium [Sacred Heart University's Discovery Science Center and Planetarium | Children's museum | 4450 Park Ave, Bridgeport, CT, USA](#)

Connecticut Beardsley Zoo [Connecticut's Beardsley Zoo - Home](#)

Maritime Aquarium [maritimeaquarium.org](#)

Silvermans Farm [Silvermans Farm – Apple Orchard and Farm Market in Easton CT](#)

Stamford Public Library

Visit Uconn Stamford or Local College Campus

Summer Camp Guide

[Stamford Moms 2025 Summer Camp Guide - Stamford Moms](#)

References

1. *Strategies for a Successful Summer Break*. (n.d.). Child Mind Institute.
<https://childmind.org/article/strategies-for-a-successful-summer-break/>
2. Kumon, K. (n.d.). *6 Practical Summer Tips for Parents* [Review of 6 Practical Summer Tips for Parents]. Kumon; Kumon. Retrieved 2025, from 6 Practical Summer Tips for Parents - Student Resources
3. *Tips for Parents on a Successful Transition to Middle School*. (2015, September 2). GoodTherapy.org Therapy Blog.
<https://www.goodtherapy.org/blog/tips-for-parents-on-a-successful-transition-to-middle-school-0902155>

Thank you, Mrs. Grijalva

May/June 2025