

# Parents' CLIPBOARD

ELEMENTARY LEVEL

2012 / ISSUE I — ALSO AVAILABLE IN SPANISH

“When you teach your son,  
you teach your  
son’s son.”

THE TALMUD

COLORADO COUNCIL INTERNATIONAL READING ASSOCIATION — PARENTS & READING COMMITTEE

## Planning Summer Springs Kids

If you want to help your children get a head start on going back to school this fall, show them how to plan backwards! Planning skills are linked to academic success. Starting in June, teach your kids how *good planners think ahead and plan in reverse*.

1 Take four pieces of paper, one for June, July and August, and one for the First Day of School. On that page, collect everyone’s goals for enjoying summer and being ready for school. For example: Go camping, or “Become fast on multiplication tables.”

2 Now, brainstorm steps to accomplish the goals in the weeks of the months remaining, such as “post the rec center swim schedule on the fridge,” “go to the library for books regularly,” or “practice multiplication ten minutes per day.” Point out how you are planning backwards to have a great summer and stay on track for the first day of school.

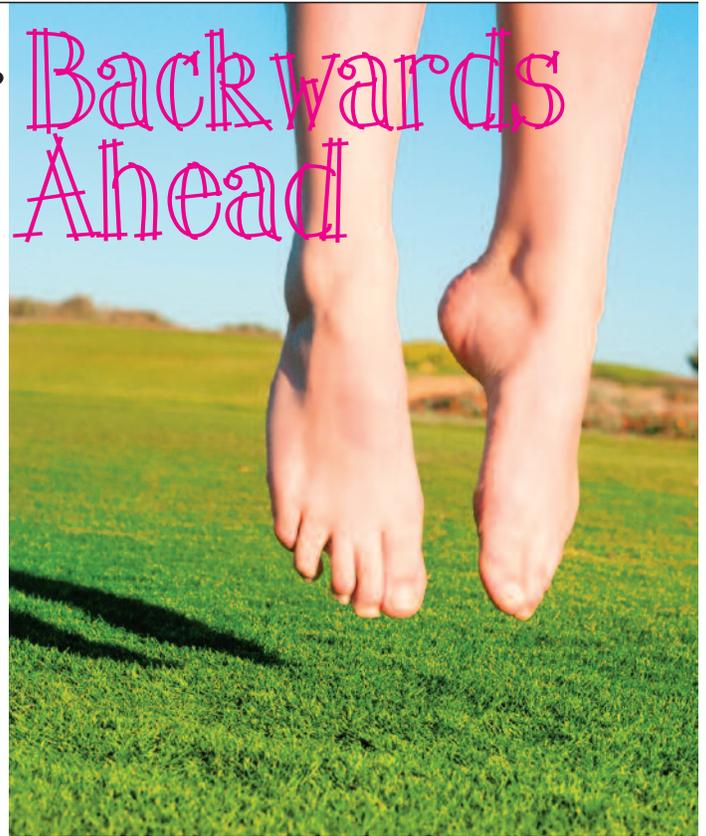
3 Keep your charts posted, and check off accomplishments; the visual reminder will keep focus on a great summer. You can add goals as you go along, and don’t forget to include you own goals – your kids will learn as you model the process. Children who practice skills are more likely to maintain them and start where they left off rather than falling back during the break.

### Free Books in Every Language!

The International Children’s Digital Library is a worldwide collection of free children’s books. View it online or on an iPad with a free downloadable app. Join your child at the screen to enjoy the best kid’s literature in the world. Go to [www.childrenslibrary.org](http://www.childrenslibrary.org), no matter what language you speak! Another website with book suggestions and easy family activities is [www.readingrockets.com](http://www.readingrockets.com).



## Backwards Ahead



### ASK A SPECIALIST

**Q** How much T.V. and media time is too much for school-aged children?

**A** As a general guideline, a total over two hours per day is considered excessive. Another guide goes by percentage of free time. If, for example, two hours of screen time takes up the entire free time of a child, that deprives him of a healthy variety of activities. Research shows that any type of control or limit set by parents on screen time tends to reduce the time children spend on it.

While parents are rightfully concerned about time children spend viewing media, they first must consider the content of that media. Inappropriate content and a constant barrage of advertising have a great deal to do with the quality of the message children receive. Our best advice is to stay involved and set limits.