



FROM YOUR CFS **Wellness Specialist**



Staying Strong All Summer Long

Too early to think about summer? Surprisingly, no! Now is the perfect time to consider how to help your kids enjoy their break without experiencing a [summer slide](#) in faith habits, learning retention, or physical activity. Planning ahead now can help your family thrive once that final school bell rings.

Start by evaluating whether your summer plans truly reflect your family's values. Does worship take a back seat to sleeping in and weekend activities? Is Christ at the center of your schedule, conversations, and priorities? Sometimes the wisest choice is saying "no" to certain commitments so you can intentionally protect time for worship, rest, and meaningful family connection.

Preventing a summer learning slide, after all your child's hard work this school year, is possible. Summer school can reinforce skills in engaging ways, and many programs begin registration in March. But meaningful learning doesn't require tutors or hours of worksheets. Small, consistent habits often make the biggest difference.

Strengthen reading skills through library visits, cozy reading corners, conversations at the dinner table, prayer journaling, and Bibles at your child's reading level. Writing letters or postcards to relatives builds language skills while nurturing relationships.

Keep math sharp by counting items at the store, managing allowance money, practicing tithing and saving, playing math-based board games, or using digital apps in moderation. (Excessive screen time has been linked to [higher rates of physical and mental health concerns](#).) Everyday tasks can become practical learning moments.

Prioritize time in nature. Outdoor play supports mental, physical, spiritual, and cognitive health. Gardening, even simply in small porch pots, teaches responsibility and appreciation for God's creation. Children are also more likely to try healthy foods they help grow or choose. [Here's more inspiration](#) for ways to take learning outdoors.

With Christ and your family's values at the center, summer can be both restful and growth-filled. Thoughtful planning now helps balance faith, learning, fun, and much-needed downtime.

Commit to the LORD whatever you do, and he will establish your plans. — Proverbs 16:3
