



## Summertime Routines for Highly Effective Families

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Set the stage for summer by planning ahead.

1. Establish family summer routines which support learning and school success. The following routines support patterns which build self-regulation and positive habits of learning:
  - Morning routine
  - Regular exercise
  - Family meals
  - Talking time/ Reading time
  - Chores for the family
  - Regular learning time
  - Limits on media use including television, videos, games, smartphones
  - Regular bedtime

Pick at least two routines which you want to thoughtfully develop for this summer. Plan them in detail and adjust as needed, so that these become consistent, calm routines for you and your children.

2. Work with your child to plan learning goals for the summer. Give choices and share control, to help build your child's intrinsic motivation to learn.
3. Model the importance of learning. Yelling at your child to do his homework, while you park yourself in front of an entertainment device, is not a highly effective strategy. Show your child that you are committed to continuing to learn in your own life.
4. On a regular basis, take time to notice and discuss what is going well in your child's life. Give more energy and words to noticing good effort, behavior, and learning habits, rather than constantly focusing on the problems or challenges in your child's life.
5. Leave time for healthy play. Children who get regular exercise learn more, sleep better, and are nicer to be around. Find the time for nature, movement, and play.



**Bob Sornson** is an award-winning author and consultant who teaches about practices which support competency based learning, early learning success, and the development of self-regulation. He works internationally with school districts, universities, and parent organizations. Contact [Bob@earlylearningfoundation.com](mailto:Bob@earlylearningfoundation.com)

His many books include:

***Over-Tested and Under-Prepared: Using Competency Based Learning to Transform Our Schools***

***Essential Math Skills: Over 250 Activities to Develop Deep Understanding***

***Fanatically Formative, During the Crucial Early Learning Years***

***Stand Up and Speak Up for Yourself and Others***

***Stand in My Shoes: Kids Learning about Empathy***

***Creating Classrooms Where Teachers Love to Teach***

***The Juice Box Bully***

***Meeting the Challenge*** (with Jim Fay and Foster Cline)

***The Pre-K to Grade 3 Essential Skill Inventories***

Bob has been a keynote or featured speaker for ASCD, National Title 1, Learning Forward, ISACS, NWAIS, NAEYC, CAEYC, and other national organizations, and works with selected organizations to develop long-term early learning success training projects.



In his newest book, ***Over-Tested and Under-Prepared***, Sornson helps us understand why schools operate the way they do, and offers an exciting vision of how competency based learning can produce far better learning outcomes and a much more respectful environment for both teaching and learning. This book will undoubtedly step on the toes of some establishment educators, but it will make you think deeply about the schools you want for our children, and for society.

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