

# BUILDING BETTER BRAINS

by Diane Trautman

Like me, you may be asking yourself: How did June get here so fast? Where did the school year go? Suddenly we have to scramble to figure out new schedules for childcare and arrange for healthy activities to keep them out of trouble while were working.

The kids are no doubt thrilled that summer break is on the horizon. For some students, the break may be a brief respite before summer classes start. Still, even if your children arent enrolled in summer school or community college classes, continuing education of one sort or another is important. It doesnt have to be the standard academic curricula, although some review and preparation for the following year is most definitely beneficial.

Before the school year ends, you might want to meet with your childs current teacher to discuss ways in which you can help your child review lessons over the summer and prepare for the next school year. Maybe that teacher or another can make arrangements to loan you the textbook for the next level.

Experts tell us that continuous learning creates new synapses or connections in our brains and keeps us mentally healthy. Conversely, reviewing previous lessons imprints the acquired knowledge for more permanent storage and allows us to combine the old information with the new.

To get those new synapses popping, you might encourage your child to sign up for a Parks and Recreation program that hasnt been on their radar. Maybe theres a class out there that you can both attend. Try painting. Or learn German. Tap dancing could be a good way to have fun together and reconnect after a hectic year of Is your homework done? and Im off to another meeting.

The point is that its easy for children to get into ruts and not know how to get out of them. We parents forget that kids have limited exposure to and knowledge about the world. They need our help to discover the possibilities. Perhaps its as important that we share more fun, silly, relaxing moments with them. Before you know it theyll be off on their own and youll never get this time with them back.

So as we head into the ... lazy, hazy, crazy days of summer... we wish you and your families a summer filled with new experiences, new discoveries and new connections. If a little extra help is needed with academic subjects, were here to help.

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*For more information, please contact StudyPros In-Home Tutoring at (661) 296-9206.*