



# How to make the most of Summer for your child!

*Summer programs provide many benefits to the youth and their families who participate. Choosing the right program for your child is an important decision.*

## Why Enroll Your Student in a Summer Program?

Research shows that youth who attend high quality programs for at least four weeks:

- **Encourage students to be lifelong learners**, especially outside of the classroom. Without ongoing summer opportunities to reinforce and learn skills, children fall behind dramatically in many areas of academic achievement.
- **Make easier transitions between Pre-K, elementary and middle school**
- **Broaden horizons** by exposure to new adventures, skills and ideas.
- **Demonstrate increased confidence** through building new skills and doing something they enjoy.
- **Improve school year attendance**

## How Do I Find a Summer Program in San Francisco?

- Search for programs on [www.SFKids.org](http://www.SFKids.org).
- Look in the “Parent” section on [www.childrenscouncil.org](http://www.childrenscouncil.org).
- Ask your school principal, staff from nonprofit organizations, and other parents in your neighborhood for information and referrals.

## What Should I Look for in a Summer Program?

- A variety of activities, choices and a set schedule
- A clear and secure check-in and sign-out routine for drop-off and pick-up
- A low youth to adult ratio and well trained adult staff that connect with youth
- Opportunities for physical activity and daily healthy snacks for all participants
- Opportunities for hands-on activities that build your child’s skills
- Ways for parents and family members to get involved and stay informed

**Looking for a Summer Program for your child?**

**Search for programs on [www.SFKids.org](http://www.SFKids.org)**

## How Can My Child Get the Most From a Summer Program?

- **Make sure your child is interested in the summer program activities.** Research shows that youth benefit most from programs when they are interested in the activities. Ask your child how they are enjoying the program.
- **Attend the program regularly.** Research shows that youth that attend their summer program regularly benefit more in terms of increased confidence in their academic skills, increased connection and better relationships with their peers.
- **Communicate with summer program staff.** Talk with staff when you pick up your child to stay informed about program activities and your child’s progress.