

REFERENCIAS

- APA. (s. f.). *Students experiencing stress*. APA Mental Health Primers. American Psychological Association. <https://www.apa.org/ed/schools/primer/stress>
- British Psychological Society. (2021, 22 de febrero). *Unhelpful 'catch up' narrative places unnecessary pressure on children*. <https://www.bps.org.uk/news/unhelpful-catch-narrative-places-unnecessary-pressure-children>
- British Psychological Society. (2023, 22 de septiembre). The barriers to utilising play-based learning in England's primary school classrooms. <https://www.bps.org.uk/news/barriers-utilising-play-based-learning-englands-primary-school-classrooms>
- CEAPA (s. f.). Campaña Educación sin deberes. Campaña de CEAPA para exigir a las autoridades educativas la erradicación de los deberes. Confederación Española de Asociaciones de Padres y Madres del Alumnado. <https://ceapa.es/campana-educacion-sin-deberes/>
- Crawford, L. (2024, 26 de septiembre). *Should kids get summer homework?* GreatSchools, Parenting. <https://www.greatschools.org/gk/parenting/summer-learning/summer-homework-yes-or-no/>
- Education Endowment Foundation. (2026). *Homework*. Teaching and Learning Toolkit. Evidence and resources. <https://educationendowmentfoundation.org.uk/education-evidence/teaching-learning-toolkit/homework>
- Education Endowment Foundation. (2026). *Summer schools*. Teaching and Learning Toolkit. Evidence and resources. <https://educationendowmentfoundation.org.uk/education-evidence/teaching-learning-toolkit/summer-schools>
- Fernández-Alonso, R., Suárez-Álvarez, J., & Muñiz, J. (2015). Adolescents' homework performance in mathematics and science: Personal factors and teaching practices. *Journal of Educational Psychology*, 107(4), 1075–1085. <https://doi.org/10.1037/edu0000032>
- Gierczyk, M., & Hornby, G. (2023). Summer learning loss: Review of research and implications for remediation of post-pandemic learning loss. *Preventing School Failure: Alternative Education for Children and Youth*, 67(3), 132–140. <https://doi.org/10.1080/1045988X.2023.2204823>
- Lynch, K., Lanteri, L., An, L., Mancenido, Z. & Richardson, J. (2025). The effects of summer learning on social-emotional and behavioral outcomes: A meta-

analysis. *Social and Emotional Learning: Research, Practice, and Policy*, 5, 100101. <https://doi.org/10.1016/j.sel.2025.100101>

Lynch, K., An, L., & Mancenido, Z (2022). The impact of summer programs on student mathematics achievement: A meta-analysis (EdWorkingPaper No. 21-379). Annenberg Institute at Brown University. <https://doi.org/10.26300/da7r-4z83>

Melús, A. (2026, 25 de julio). *El retroceso del aprendizaje en verano tiene solución: menos deberes y más juego*. Mamás y Papás. El País. <https://elpais.com/mamas-papas/actualidad/2026-07-25/el-retroceso-del-aprendizaje-en-verano-tiene-solucion-menos-deberes-y-mas-juego.html>

Nafria, B. (2024, 15 de febrero). ¿Es recomendable que los niños hagan deberes durante el verano? Escola de Salut, Hospital Sant Joan de Déu Barcelona. <https://escolasalut-ot.sjdhospitalbarcelona.org/es/consejos-salud/aprendizaje/recomendable-ninos-hagan-deberes-durante-verano>

Pastore, S., Passalacqua, F., & Sbravati, G. (2026). Summer learning loss: A scoping review (2014–2023). *Educational Research for Policy and Practice*, 25, pp.225-250. <https://doi.org/10.1007/s10671-025-09409-7>

Navsaria, D. (2026, 26 de junio). *Beat the summer slide: How reading helps prevent learning loss in kids*. HealthyChildren.org, Ages and stages, School. American Academy of Pediatrics. <https://www.healthychildren.org/English/ages-stages/gradeschool/school/Pages/prevent-the-summer-slide-fun-ways-to-keep-kids-reading-and-learning-over-school-break.aspx>

Park, D., Gunderson, E.A., Maloney, E.A., Tsukayama, E., Beilock, S. L., Duckworth, A.L., & Levine, S.C. (2023). Parental intrusive homework support and math achievement: Does the child's mindset matter? *Developmental psychology*, 59(7), 1249-1267

Weir, K. (2016, marzo). Is homework a necessary evil? *Monitor on Psychology*, 47(3). American Psychological Association. <https://www.apa.org/monitor/2016/03/homework>

Workman, J., von Hippel, P.T., & Merry, J. (2023). Findings on summer learning loss often fail to replicate, even in recent data. *Sociological Science*, 10, 251–285. <https://doi.org/10.15195/v10.a8>

Young, E. (2023, 15 de junio). *Growth mindset protects kids against harms of unwanted homework help*. Children, young people and families. British Psychological Society. <https://www.bps.org.uk/research-digest/growth-mindset-protects-kids-against-harms-unwanted-homework-help>