

# A PARENT'S GUIDE TO MIDDLE SCHOOL

## HOW TO HELP YOUR CHILD THRIVE IN THE MIDDLE YEARS

Middle school can be tough - hormones, social media, new friends, harder classes. Make it easier on you and your child with this handy guide to helping your child not just survive, but thrive.



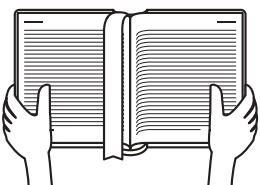
### 2. TALK TO THEM ABOUT THE WORLD

Middle schoolers crave relevance.

They want to know that what they're learning matters. Talking about the headlines allows them to connect their learning to the wider world and helps them figure out how they fit in the world.

### 4. CHECK ON THEIR SCHOOLWORK - OFTEN

Although it's important to let your child develop responsibility, many do not have the planning and organizing skills to properly manage homework yet. Check teacher's websites and planners and help your child manage their deadlines!



### 1. STAY CONNECTED



Your middle schooler might be turning more to friends these days but they need you in their lives too! Whether you schedule a date together or connect quietly before bed, stay connected by finding out what they love and what's weighing on them and talking to them about it.



### 3. LIMIT SCREEN TIME

Your middle schooler may have fallen in love with social media but research shows their brain is not yet developed enough to manage screen time and online relationships. Help them learn by setting limits on screen time - no phones in bed or at mealtimes please!

### 5. BE THE TRAINING WHEELS



Remember when they learned to ride a bike? Middle school is a little like learning to ride the big bike of life - they'll wobble, they'll fall, they might get a scrape or two but with a little help from you, they'll get it!