

PARENT SURVIVAL TIPS FOR THE TRANSITION TO MIDDLE SCHOOL

The transition to middle school can cause anxiety and fears to overcome for many families and students. Middle schools are larger, the school work is harder, and there are more classes and teachers all with different expectations. It is important for you to encourage your child to put forth the effort and hard work. Communication is key.

TALK ABOUT YOUR CHILD GOING TO MIDDLE SCHOOL

Talk about the middle school experience in a positive way! Your enthusiasm and support can help make this BIG change in your child's school life a healthy and successful one.

TALK ABOUT SOCIAL SKILLS

Talk about traits that make a good friend. Discuss how words and actions can affect other people. Practice skills needed for social situations.

OPENLY COMMUNICATE WITH YOUR CHILD

Be informed, listen, and talk to your child. Keep the lines of communication open between your child and school staff.

HELP YOUR CHILD DEVELOP ORGANIZATIONAL STRATEGIES

- Designate a study space
- Conduct a weekly clean-up
- Buy the necessary folders and supplies
- Prepare for the day/week ahead
- Keep a master calendar

MONITOR SOCIAL MEDIA USE

Middle school provides an opportunity for students to make decisions and sometimes it is difficult for them to do so. Make sure you are aware of what your student is posting and viewing online.

HAVE YOUR CHILD TAKE ADVANTAGE OF TUTORING OPPORTUNITIES

It is easy to feel overwhelmed with the workload in middle school especially compared to elementary... a tutor can help keep your student from getting behind!

UTILIZE THE RESOURCES AT YOUR CHILDS NEW SCHOOL

Check out the middle schools website and pages for up to date information. Reach out to your students 6th grade counselor with any questions you have in regards to resources you think may be helpful!

GET INVOLVED AS A PARENT

Attend parent-teacher nights, open house, and other meetings and/or events that you can connect with your child's teachers and the school!

ENCOURAGE YOUR CHLD TO GET INVOLVED IN EXTRA CIRRICULARS

Have them join a team, a club, or another activity to meet new people and expand their horizon! There are so many opportunities to explore their interests and independence in middle school.

HELP YOUR CHILD BE HIS OR HER OWN ADVOCATE

Self-advocacy is understanding specific needs (self-awareness), knowing what support will address those needs, and communicating those needs to others (teachers).

Encourage your child to discuss problems and solutions with teachers on their own, but be ready to help as needed. Encourage your child's independence and help them learn to deal with situations so they become effective problem solvers.

In order to **encourage advocacy**, it may be helpful to have conversations about your child's strengths and weaknesses, remind your child that asking for help is a good thing, and praise your child for efforts of speaking up.

