

Parent Survival Tips for Middle School

For children going into middle school, there are many anxieties, apprehensions and fears to deal with and overcome. Middle school work is harder to do, and there are more classes and more teachers – all with different expectations and personalities. If you have a child who is entering middle school for the first time, know that it is normal for your child to express concern.

1. Don't be too anxious about your child going to middle school. Talk about the middle school experience in a positive way! Your child is capable of handling middle school. Empower him or her by letting them know this.

2. Help your child develop an organizational strategy.

- a. Designate a study space & set a consistent study time.
- b. Buy your child the necessary folders and binders to stay organized.
- c. Conduct a weekly clean-up.
- d. Keep a master calendar.
- e. Prepare for the week/day ahead.
- f. Provide help and support while your child is learning to become more organized.

3. Utilize your middle school's resources.

- a. Explore your middle school's website with your child.
- b. You will find links to teachers' email addresses.
- d. You can access STI Home to check grades and progress.
- e. There are MANY other links to important information and updates.

4. 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 difficult social situations.

5. Openly communicate with your child.

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

6. Get involved as a parent.

Attend parent-teacher nights, open houses, PTO meetings and/or other events where you can connect with your child's teachers and the school.

7. Encourage your child to get involved in school activities! Have them join a team, club, or other extra-curricular activity.

8. Help your child to be his or her own advocate. Encourage your child to discuss problems and solutions with teachers on their own, but be ready to help as needed.