

Launching Your Middle Schooler to

Success

Support your middle schooler's growing independence.

- Let your middle schooler have a say in family decisions.
- Middle schoolers have opinions! Be open to listening to them.
- Middle schoolers need rules, but they also have enough experience to help set them.

Encourage a growth mindset.

- Has your middle schooler worked hard on a school assignment? Value effort over results.
- Treat mistakes as an opportunity for learning. If everything is easy, there is no growth.
- Encourage your middle schooler to solve problems on their own.

Teach your middle schooler how to be a strong student.

- Education is real world. Connect schoolwork to current events and future goals.
- Talk about learning/study strategies like breaking up tasks and time management.
- What about the

Backpack Black Hole? Check in with your middle schooler on missing work.

- Everyone needs help sometimes. Tell your middle schooler it's okay to speak up.

Stay positive during homework time.

- Homework can be tough on everyone after a long day. Keep the mood fun and loving.
- Show that you care. Listen for the root of the problem and help them focus on solutions.
- Don't wait until frustration is at a 10! Talk about how to calm down when things get tough.

Be aware without being too nosy.

- Ask for information about activities and unstructured time.
- Show your middle schooler that they can trust you. You'll be more likely to be kept in the loop.
- Bad news? When your middle schooler opens up to you, try not to react negatively.

Build structure together.

- Rules...middle schoolers still need them. The best rules are easy to understand and consistent.
- Rules will sometimes be broken. Work together to create consequences that make sense.
- What's the point? Talk about why the rules are important for your middle schooler.

Provide emotional support.

- Be available in times of distress to give security and comfort.
- Be a cheerleader. Tell your middle schooler how great they are!
- It's okay to be a little nosy. (Middle schoolers secretly like it.)
- Your middle schooler is growing up fast! Notice and celebrate all the changes.



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