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## Tips for Parents/Caregivers

-  - Establish a consistent study routine for your child. Middle schoolers are very busy people and often need help managing their time. Academics will be a part of their lives for the next seven years. Help your child develop study habits that will lead to success. Check homework nightly and monitor your child's progress online via our Home Access program.
  
-  - Encourage your child to get involved in school clubs and activities. Getting involved is a great way to meet new friends and develop emerging talents.
  
-  - Keep communication open with the parents of your child's friends. Make sure you know what your child is doing and with whom. Always verify that there will be supervision at any home your child visits. Children are less likely to tell their parents that "Everyone else is allowed to!" if they know their parents are talking with each other.
  
-  - Resist the urge to "fix" things for your child ... allow him/her to grow through difficult times. Help your child learn to utilize the resources available to problem solve effectively. Encourage him/her to go to a teacher, advisor, guidance counselor, or administrator when help is needed. (Of course, if there is an issue that you feel is over your child's head and requires immediate adult intervention, please call right away.)

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- 👤 - Try not to let your personal experiences of being a middle schooler cloud or drive your interactions with your child. Be aware of your personal sensitivity to the struggles your child might encounter. It's helpful to sympathize with your child, but taking things personally will make the situation worse.
  
  - 👤 - Encourage your child to think for himself. Adolescents are easily influenced by their peers. Following the crowd can lead to hurt feelings and trouble for the follower. Encourage independence ... even if it means branching out from the group. Children who think for themselves are more likely to make decisions based on merit - not peer pressure.
  
  - 👤 - Listen to your instincts - if you suspect that your child is involved in an activity that is harmful or wrong, take appropriate action.
  
  - 👤 - Don't forget that middle schoolers are "works in progress" and there will be bumps in the road along the way. Remind yourself of what we know to be true: your child will grow through this age as will his/her peers. Maturity is a great equalizer ... it's just a long process!
  
  - 👤 - And finally, let home be your child's haven. No matter what transpires on any given day, home is where we are loved, cared for, and nurtured. Revel in your family traditions and routines. These will help re-fuel your child every night!
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