

Introduction

The years of middle school are marked by change. One day your child is loving and respectful. The next day, she* acts as though she is a creature from the dark. If you are noticing these changes, you can be sure that your child is noticing them, too. The changes might be stirring up emotions of insecurity about her outward appearance and her academic, social or athletic abilities. This Parent Guide will help you smooth out this very difficult transition. You'll find tips on how to stay connected with your child so she knows that you are a passenger with her on this turbulent ride.

Helping your adolescent make a successful transition to middle school requires preparation. Give your child the tools to succeed by arming yourself with information. Middle school students are expected to adapt to an atmosphere that requires organizational skills and higher-level thinking.

They are not given much time to make this transition. In fact, children need to have these skills in place the first day just to make it off the bus to homeroom!



**Each child is unique, so this publication alternates using masculine and feminine pronouns.*