

6th grade Parent Orientation

AUGUST 27, 2019

What can you expect from your middle-schooler?

- ▶ *Lots of hormones and emotions!
- ▶ *Changing friendships
- ▶ *Possible interest in romantic relationships
- ▶ *Identifying more with peers than with parents and family

Why teens must distance themselves from parents

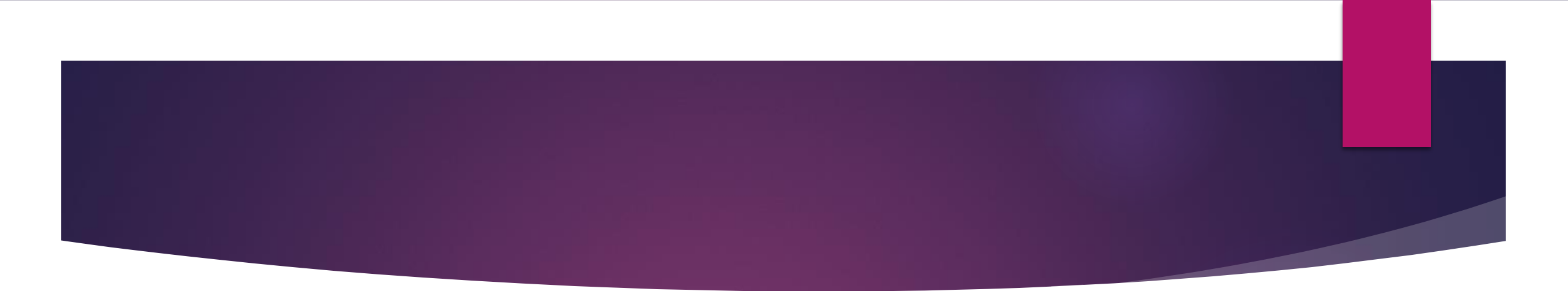


REMEMBER...

- ▶ Even though it is developmentally appropriate for our middle schoolers to seek independence, the parent/child relationship remains the most important touchstone in the lives of these youngsters.
- ▶ How do we maintain trusting, supportive relationships with our kids as they are going through so many changes and emotions, and sometimes act as though they don't need us and don't like us?

Some tips...

- ▶ 1. Understand the social climate of middle school...
- ▶ ***Peer Pressure
- ▶ ***Social groups
- ▶ ***Relational Aggression

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- ▶ 2. Be ready and willing to talk when YOUR CHILD wants to talk...sometimes it is not at a convenient time!
 - ▶ ***Practice non-judgmental active listening
 - ▶ ***It is ok to ask..."Are you looking for advice or just wanting me to listen?"
 - ▶ ***Be cautious in sharing your opinion about their friends

Types of parenting

- ▶ Helicopter parents



► Lawnmower parents



BE A LIGHTHOUSE PARENT

<https://www.youtube.com/watch?v=1yGPfkIP3WM>



RESILIENCY

We want to build resiliency in our youth. Every child needs one adult in his/her life who believes in them unconditionally. For most of our children- this is a parent.

SOME FINAL WORDS OF ADVICE:

- ▶ ***Trust your instincts! If something doesn't feel right- TALK with your child!
- ▶ ***It takes a village...we love and care about your children- please don't ever hesitate to reach out for advice, or just to vent
- ▶ ***Make time to HAVE FUN with your middle schooler! Try not to become just the disciplinarian, or the personal tutor.
- ▶ ***Enjoy and celebrate this exciting time in your child's life

Great resource!!!

- ▶ Parentandteen.com
- ▶ On Facebook: Center for parent and teen communication