

Parenting The Transition to Middle School



Mercer Island Schools



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TEN TASKS OF ADOLESCENCE



Adjust to sexually maturing bodies and feelings.



Develop and apply abstract thinking skills.



Develop and apply a more complex level of perspective taking.



Develop and apply new coping skills in areas such as decision making, problem solving, and conflict resolution.



Identify meaningful moral standards, values, and belief systems.

TEN TASKS OF ADOLESCENCE



Understand and express more complex emotional experiences.



Form friendships that are mutually close and supportive.



Establish key aspects of identity.



Meet the demands of increasingly mature roles and responsibilities.

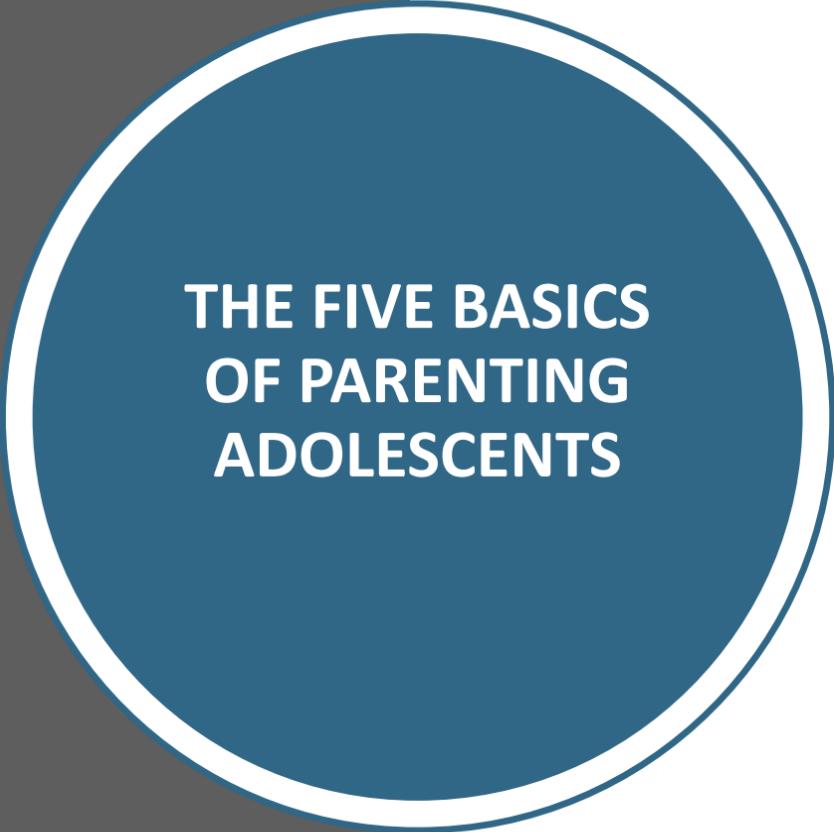


Renegotiate relationships with adults and parenting roles.

7th GRADE SURVEY OF STUDENT CONCERNS 24/25

TOP 10 CONCERNS

1. Achieving in school	64.6%
2. Stress (not enough time, pressure)	42.8%
3. Self-image (how you feel about yourself)	31.9%
4. Fitting in (belonging, popularity)	31.9%
5. Friendships (jealousy, communication)	29.7
6. Bullying and/or Harassment	16.6%
7. Gossip/Rumors	16.6
8. Peer Pressure	13.5%
9. Depression	12.2%
10. Family Issues	12.2%



**THE FIVE BASICS
OF PARENTING
ADOLESCENTS**

- 1. Love and Connect**
- 2. Monitor and Observe**
- 3. Guide and Limit**
- 4. Model and Consult**
- 5. Provide and Advocate**

Project on the Parenting of Adolescents Center for Health
Communication Harvard School of Public Health

*What style of parent
are you?*

PARENTING WITH LOVE & LOGIC 101

THE LOVE & LOGIC PARENT: COACH / CONSULTANT



Provides guidance and consultant services for their children



Models for child



Makes sure the child owns the problem, and helps child explore alternatives and make decisions



Allows child to experience life's natural consequences



WHAT YOU CAN DO

- **Coaching through distress – build distress tolerance skills**
 - Name It To Tame It, Daniel Siegel: Hand Model of the brain
 - DBT STEPS-A Skills
 - Distress Tolerance Skills
 - Emotional Regulations Skills

Foster a Supportive Environment



Promote good mental health strategies

- ★ Healthy meals & nutrition
- ★ 8 hours of sleep a night
- ★ Encourage Exercise
- ★ Do something you love

Practice Coping Strategies

- ★ Listen to music
- ★ Mindfulness
- ★ Journaling
- ★ Playing with a pet
- ★ Talking to friend



You can't be
available to
your child if
you don't take
care of
yourself.



What Should I Do if I'm Concerned About My Child

- 🔑 **Talk with them.** Show extra love and support. Let them know you care and want to hear they're going through.
- 🔑 **Find a mental health professional.** It can be difficult, however, many places can provide referrals.
 - ★ Pediatricians or primary care providers
 - ★ Schools, particularly school counselors or school social workers
 - ★ Health insurance companies
- 🔑 **Schedule an appointment with a mental health professional.**



Name it to Tame it!





**THE KEYS TO
RESILIENCE**

- Cultivating Healthy Attachments and Connections
- Cultivating Positive Emotions
- Cultivating a Sense of Purpose

BEHAVIORAL PRACTICES FOR RESILIENCE

R – Relationships

E – Exercise

F – Fun; Recreation & Enjoyable Activities

R – Relaxation & Stress Management

E – Eat Well – Nutrition & Diet

S – Sufficient Sleep

H – Helping others

E – Earth – Time in Nature

R – Reason – Sense of Purpose (Religiosity & Spirituality)

Connection & Communication

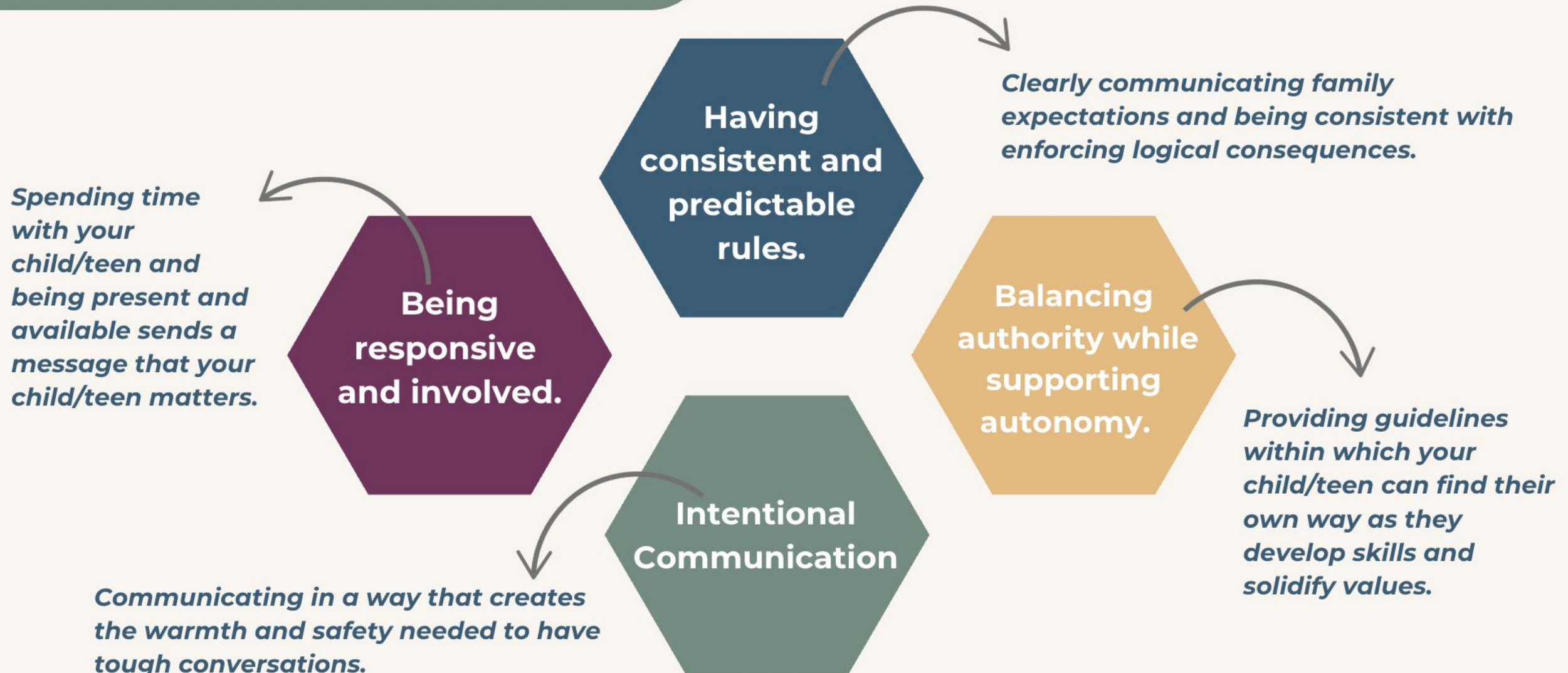


**PARENTING
MERCER ISLAND**



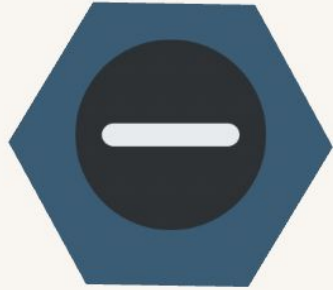
CITY OF MERCER ISLAND
YOUTH & FAMILY SERVICES

Intentional Parenting

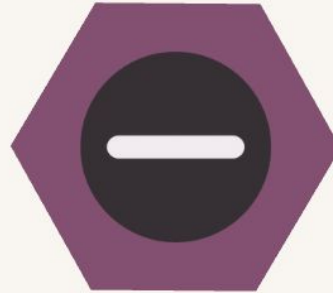


Connection tips & traps

When you are spending time with your child:



Don't use connection time as "Teaching" time or go into "Fix-It" mode.



Don't let technology steal your attention.
Be fully present.

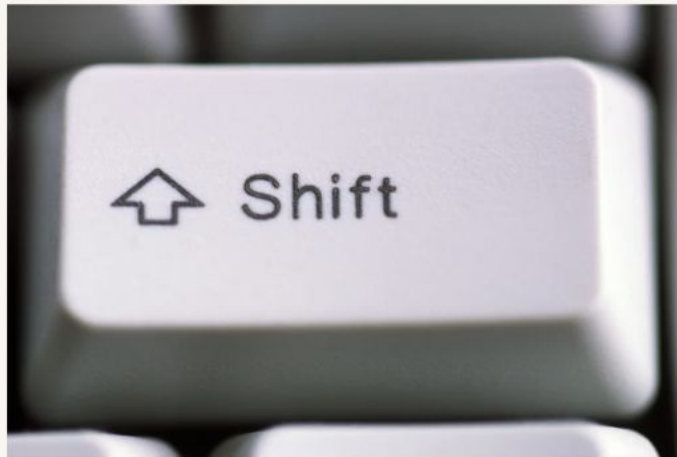


Show up when they're willing to talk.
For adolescents and teens, this may be at 11:30 at night!

Our Role Changes

Manager

A manager-parent tries to ensure that the child makes the “best” decisions.



Consultant

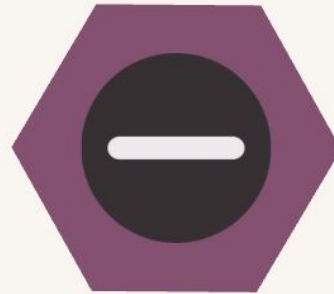
A consultant-parent focuses on helping her teenager develop and exercise “decision-making muscles.”

High school years are an active training period for adulthood.

Get Input from your Adolescent



Both parent and teen
need to be in a calm state



Don't try to get input
in the heat of a
moment.



Focus on connection
before correction

Self Regulation



Source:
Youthline Central South Island,
New Zealand

The STOP Technique

When you find yourself overwhelmed, try this!

S

Stop. Stop whatever you're doing. Take a step back. Disengage from the situation. Take a break and put everything off for just a few minutes.

T

Take a deep breath. And another, and another. Give yourself 15 seconds of just focusing on your breath. Feel the breath moving through your body.

O

Observe. Notice your thoughts and how your body is feeling. Name the emotions you're feeling and consider why you are feeling that way with no judgment.

P

Proceed. Move forward in an intentional way that honors your needs and feelings. What will really make you feel better or help you cope?

BlessingManifesting

the "I-Message"

- conveys the impact of someone's actions without blame
- allows your child/teen to receive the information without raising defenses
- parent can deliver less information in a way that your child/teen can understand

THE 3-PART I-MESSAGE

1. I'm feeling _____
(my feeling)

2. Because _____
(your behavior)

3. The reason I feel this way is _____
(impact)

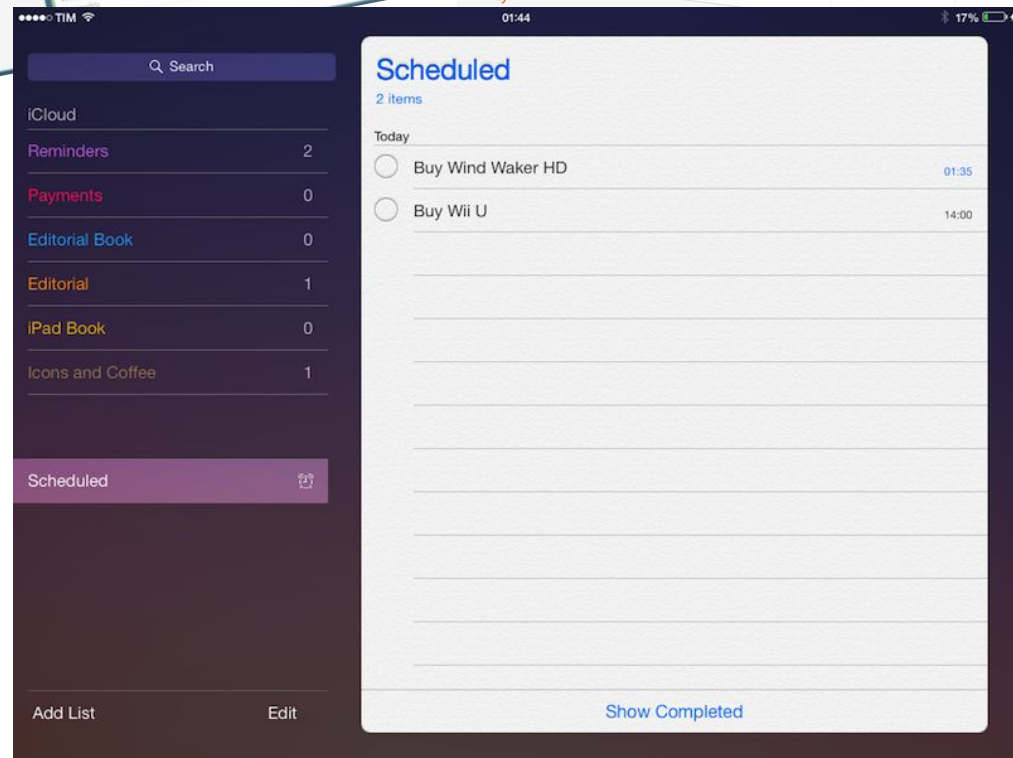
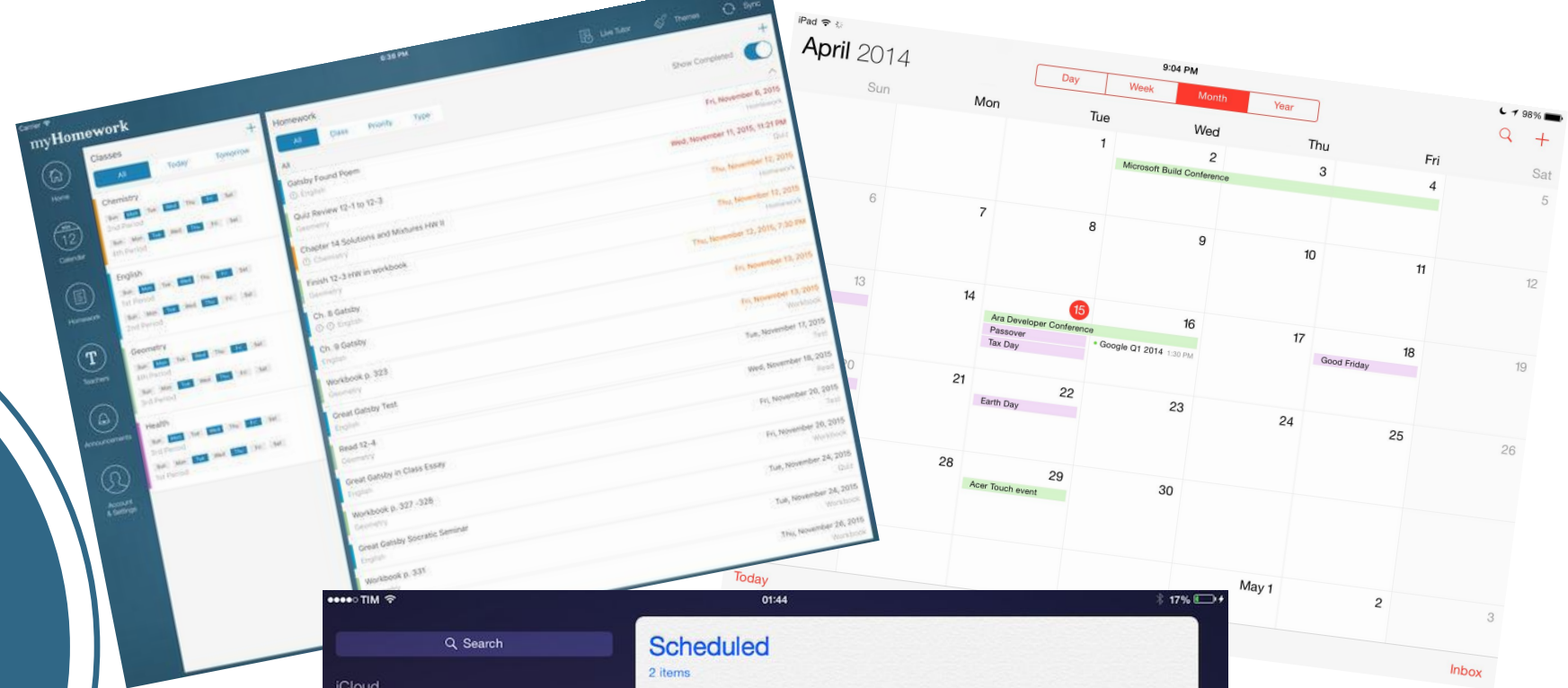
+ AND what are some ways we can address this problem?



**Supporting
Increased
Organizational
Needs**

- Monitor Schoology and Skyward
- Help your student develop a tracking system
- Check-ins weekly
- Reach out for support

Tracking Systems





Ways to make the first day easier

- Walk your schedule
- Practice getting in the school routine
- Talk through the worries
- Remember there's a lot of adults around to help
- WEB
- Watch the panel of 6th graders as a family
- Consider family rules around cell phones



RESOURCES AT IMS

- **IMS Counselors,**
 - **Dru Klein (A-G)**
 - **Janet Goldstein (H-O)**
 - **Jayna Dash (P-Z)**
- **MIYFS, Counselors**
- **School Nurse**
- **Teachers**
- **Administrators**



ONLINE RESOURCES

- [Parenting Mercer Island](#) Tools for parenting for different ages and concerns.
- [Common Sense Media](#) Social/Digital Media info
- [Dan Siegel: Name it to Tame it](#) Understanding Emotions and the Brain
- [DBT In Schools, STEPS A STEPS A](#) Skills Training for Social Emotional Problem Solving for Adolescents
- [Raising Teens, Havard School of Education & MIT](#) Raising Teens: The Ten Tasks of Adolescence/The Five Basics of Parenting Adolescents
- [Parenting With Love and Logic](#)
- [Erika's Lighthouse](#) Information on youth mental health, depression and suicide awareness.

Thank you!