



NAVIGATING MIDDLE SCHOOL WITH YOUR CHILDREN

TRMS Counseling Department



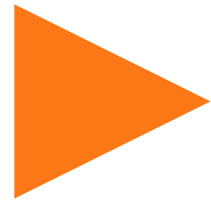
WHO IS A MIDDLE SCHOOL CHILD?

A middle schooler is someone who will enter 6th grade as a child, emerges two years later as an adolescent and will go through tremendous changes (Bernstein, 2002).



PARENT-CHILD RELATIONSHIPS

Question
parental
authority



Desire for
more
opportunities
and
independence



Increased
conflict and
decreased
closeness





EXPECTED CHANGES IN MIDDLE SCHOOL

- Academic and organizational changes
- Social and emotional development





GENDER DIFFERENCES

In Middle School



Girls' Challenges

- Physical changes (puberty)
- Social changes (friendship)
- Emotional changes (peer attraction)



Boys' Challenges

- **Aggressive behaviors**
- **Longer time to process emotional information**
- **A need to prove their worth**
- **Peer attraction**



Workload/Stress

Anxiety

Peer relationships

Managing social media

Schedules

COMMON PARENT
CONCERNS ABOUT
MIDDLE SCHOOL
TRANSITION



WHAT SHOULD PARENTS DO?

- Stay involved
- Communicate openly
- Create a safe space
- Maintain perspective
- Encourage passions
- Build your own village



REFERENCES

- Akos, P., Queen-Allen, J., Lineberry, C. (2005). *Promoting a successful transition to middle school*. Eye on Education, Inc.
- E., Bernstein (2002). *Middle school and the age of adjustment : A guide for parents*. Praeger.

