

Resources for Middle School Parents

Thank you to those of you who attended Parent 101! Navigating the transition into middle school means balancing big developmental shifts, social changes, and growing independence. Here is a collection of recommended books, podcasts, and online resources to help support both parents and students through this milestone.

Recommended Books

- **"Middle School Matters" by Phyllis L. Fagell, LCPC:** Written by a licensed counselor, this book outlines ten core skills middle schoolers need—from resilience to managing friendships—and gives concrete scripts for parents.
- **"Fourteen Talks by Age Fourteen" by Michelle Icard:** Offers a practical framework for brief, impactful conversations on topics like peer pressure, independence, technology, and body image before high school begins.
- **"Untangled: Guiding Young Women Through the Seven Transitions into Adulthood" by Lisa Damour, Ph.D.:** A key roadmap for understanding the psychological milestones of pre-teen and teenage girls.
- **"Queen Bees and Wannabes" & "Masterminds and Wingmen" by Rosalind Wiseman:** Though published years ago, these foundational guides offer timeless insight into the social hierarchies, cliques, and unwritten rules of middle school girls and boys. While the technology has changed, the underlying peer dynamics and communication challenges remain remarkably relevant for parents today.
- **"The Anxious Generation" by Jonathan Haidt:** Focuses on the impact of smartphones, social media, and screen time during early adolescence, offering actionable guardrails for families.

Podcasts for Parents

- **Ask Lisa: The Psychology of Parenting:** Hosted by Dr. Lisa Damour, this show breaks down real listener questions about tweens and teens using actionable psychological insights.
- **Talking to Teens:** Features interviews with experts on adolescent brain development, social dynamics, and communication strategies.
- **Flusterclux:** Hosted by family therapist Lynn Lyons, focusing on practical ways to manage anxiety, social pressure, and stress in young adolescents.

Online Resources & Newsletters

- **Your Teen Magazine for Parents:** Articles and advice specifically tailored to the middle and high school years covering academics, mental health, and social life.
- **Common Sense Media:** An invaluable site for looking up reviews, age appropriateness, and content warnings for movies, video games, apps, and books your middle schooler wants to use.