

The Middle School Transition:

Top Ten Helpful Hints

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1. Help Your Child Advocate

Discuss WHO to ask for help

Discuss WHEN to ask for help

Discuss HOW to ask for help

Ask yourself throughout the process...

Who is the best person to do that?

2. Support Student Skills

Organization (planner, materials, lockers)

Time management (HW, activities, friends)

Study skills (notes, flashcards, discussion)

Ask yourself throughout the process...

What areas need support?

3. Acknowledge Your Anxiety

Avoid overreacting about grades

Stay connected to schoolwork and teachers

Support their independence

Ask yourself throughout the process...

Is this a battle worth picking?

4. Build and Support Resilience

Resist the urge to protect

Normalize mistakes and set-backs

Encourage risks without rejection

Ask yourself throughout the process...

Is this a character builder for them?

5. Encourage Their Voice

Support their role in IEP/504 meetings

Discuss their strengths and goals

Ask meaningful questions

Ask yourself throughout the process...

How are they feeling about things?

6. Monitor Technology

Understand their academic needs

Set rules, boundaries, and consequences

Stay involved and alert

Ask yourself throughout the process...

Do you know your virtual child?

7. Understand the Social Climate

Relationships will fluctuate

Encourage activities of interest

Model the behavior you wish to see

Ask yourself throughout the process...

Is your child comfortable and happy?

8. Expect Distance

Accept developmentally appropriate changes

Create clear expectations

Have a crisis plan

Ask yourself throughout the process...

Is there a good balance?

9. Listen

Avoid interjection and judgement

Validate their thoughts and feelings

Redirect when needed

Ask yourself throughout the process...

Do you understand their point of view?

10. Stay Positive

Encourage their best effort

Remember chapters will change

Positivity breeds success

Ask yourself throughout the process...

Are we on the right track?

Breathe...and enjoy!

Any questions, comments, concerns?

