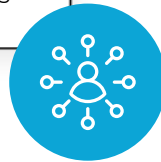


I noticed you're good at __, just like Grandpa! You might like to __ in the future.

Help your middle schooler MAKE CONNECTIONS

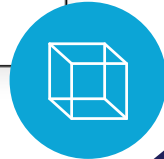
- Connect schoolwork to current events and future goals.
- Provide opportunities to try new things & learn what they like.
- Help them understand who they are in relation to their ancestors.
- Let your middle schooler know the strengths you see in them.



What's a fair amount of time to be on your phone?

Build structure TOGETHER

- The best rules are easy to understand and consistent.
- Work together to create consequences that make sense.
- Talk about why the rules are important for middle schoolers.



Support your middle schooler's GROWING INDEPENDENCE

- Let middle schoolers have a say in decisions.
- Be open to listening to their ideas.
- Let them know you've got their back as they try new things.

I have confidence you can do this.



Let's make a plan for how to get this done.

Teach your middle schooler how to be a STRONG STUDENT

- Talk about strategies for learning and studying.
- Check in with middle schoolers on missing work.
- Tell middle schoolers it's okay to self-advocate.
- Keep the mood positive during homework.



I'm here for you anytime you need me.

Provide EMOTIONAL SUPPORT

- Be available in times of distress to give security and comfort.
- Practice how to calm down when things get tough.
- Tell your middle schooler how great they are!
- Notice and celebrate all the changes as they grow.



Encourage a GROWTH MINDSET

- Value effort over results.
- Treat mistakes as an opportunity for learning.
- Encourage your middle schooler to solve problems on their own.



You really stuck with it, and your improvement shows!

What was the best part of your day?

BE AWARE without being too nosy

- Ask for information about activities and unstructured time.
- Coach communication skills & what it means to be a good friend.
- Show middle schoolers that they can trust you.
- When middle schoolers open up to you, try not to react negatively.

