

TRANSITIONING TO MIDDLE SCHOOL TIPS FOR PARENTS

- Help build academic skills during the summer months by reviewing 5th grade skills.
- Help increase reading and vocabulary skills by regular trips to the library.
- Make sure ALL immunizations are current AND documented at the middle school (see handout).
- Discuss with your child the possible extracurricular activities offered at the middle school (see handout).
- Discuss and plan for increased responsibilities at home for your child.
- Review dress code and buy accordingly. (Growth spurts occur during the adolescent years!)
- At least two weeks before the beginning of school, begin to transition back to a school week schedule so that the week before school starts, your child is in an adequate sleep routine.
- Plan for the schedule once school has begun; include chores, study time and family time. (Eating meals together is very important!)
- Create a sense of excitement by periodically driving by the school.
- Commit to working with the school. Remember we are a team and we want our team to win. We want ALL students to experience a successful transition to middle school.

AVOID THESE “DON'TS”

(Taken from *How to Get Good Grades* by Linda O'Brien, 2002)

- **Don't** nag about school or grades. Your child will tune you out.
- **Don't** allow your child to miss school unless he/she is really ill. You're sending a message that school isn't important.
- **Don't** criticize a teacher in front of your child. He/She will only lose respect for that teacher.
- **Don't** make your child's failures (or successes) your own. Your child may see getting poor grades as a way to rebel.