



## Preparing for Middle School Resource Kit

Middle school will be a time of great growth and transformation for you and your child. At school, your student will work to develop a capacity for deeper learning as they are asked to become more independent in their intellectual pursuits. Meanwhile their bodies and minds will develop tremendously in a short amount of time. It's crucial that your child is supported through these changes to ensure their success in middle school and beyond.

### Talk to your child about upcoming changes.

The elementary to middle school transition is big and complicated. The following are some topics to consider discussing with your child before the start of the year to help them feel prepared.

1. Your student and their friends will likely experience puberty during their middle school years. Talk to them about what changes to expect early and often. (Visit [this site for more information on how to speak to your child about puberty.](#))
2. Students will most likely be in a new building with new students and staff. Help them brainstorm ways to connect and feel comfortable in new spaces.
3. Students will be required to become more independent at school. They will rotate among many teachers and classrooms for the first time. Work with your child to come up with a system to keep track of their daily assignments for each class.

### Setting your child up for a successful start to middle school

- [Arrange a meeting with a Navigator](#) to help you identify what you are looking for in a middle school for your child.
- Request a copy of your child's class schedule from the school before the first day of class and, if possible, walk through their schedule with them so they know where to go on day one. [Read more about school visits here.](#)
- Teach them to advocate for themselves. Encourage them to communicate with their teachers and administrators directly when issues arise instead of doing that for them.
- Encourage them to try new things. Meeting friends at a new school can be hard, but joining clubs and other activities can help them feel connected early. [Check out your school's profile](#) to explore the possibilities before the year starts.
- Normalize discomfort. Help them anticipate road bumps and assure them that you will be there to support them through challenging times.