

THE LIFE OF A MIDDLE SCHOOLER

QUICK NOTES, TIPS, AND REMINDERS ABOUT OUR KIDS!

PHYSICAL DEVELOPMENT

= = =

This is a huge time for physical growth! Their bones are growing faster than their muscles, which leads to clumsiness, awkwardness, and feeling very uncomfortable in their own skin. No wonder middle schoolers commonly wear hoodies in the summer!

SOCIAL DEVELOPMENT

= = =

One of the hardest parts to deal with as a parent can be watching the pain of social changes. During this time, kids are trying to fit in and experiment with their social power. This can be anything from friend groups changing to gaining “power” through establishing some sort of dominance. Unfortunately, name calling, dirty looks, or ignoring peers are common ways middle schoolers try to gain power. For the most part, these times are essential for you to listen and empower your kids to handle these situations in the right way—not a time for you to “fix” the issue for them. You can always remind them to visit their helpful school counselor! 😊

SOCIAL MEDIA: QUICK TIPS

= = =

- Have your child show/teach you the apps they use
- Have rules about when/where they can use their devices. For example, no electronics in your bedroom and/or before bed.
- Remind them: what happens online, stays online!
- If your child shares something with you that’s inappropriate, try your best to not overreact. Your reaction to what they’re showing you will determine if they will come back to you in the future!

For more tech tips and Q&A on social media:

*Tech Night: 5/9. *Digital Citizenship Night: 17/10

Self-Regulation Tip

4 | 4 | 4 | Belly Breathing

1. Inhale through your nose for 4 seconds. (Let your belly expand, not your chest.)
2. Hold your breath for 4 seconds.
3. Exhale through your mouth for 4 seconds.
4. Repeat, for a total of 3 times

THE MIDDLE SCHOOL MIND

The brain of a middle schooler is quite interesting! The prefrontal cortex which calculates risk and helps us plan (among other things), is not yet developed. Yet, the pleasure-driven reward center of the brain is fully developed at this time. This combination mixed with an influx of hormones can lead to high emotions being reached very quickly! So, it’s not so difficult to see why we see such challenging and frustrating behaviors in middle school.

On the plus side, the middle school mind can pick up new skills quickly, which makes it a great time to try new activities, musical instruments, sports, and learn new languages!

A NOTE FROM MS. EMILY

Thank you for welcoming me to the CIS community! I feel very fortunate to work with your child, and I look forward to working with you! Please feel free to e-mail me: emily.wubbena@cis.ky