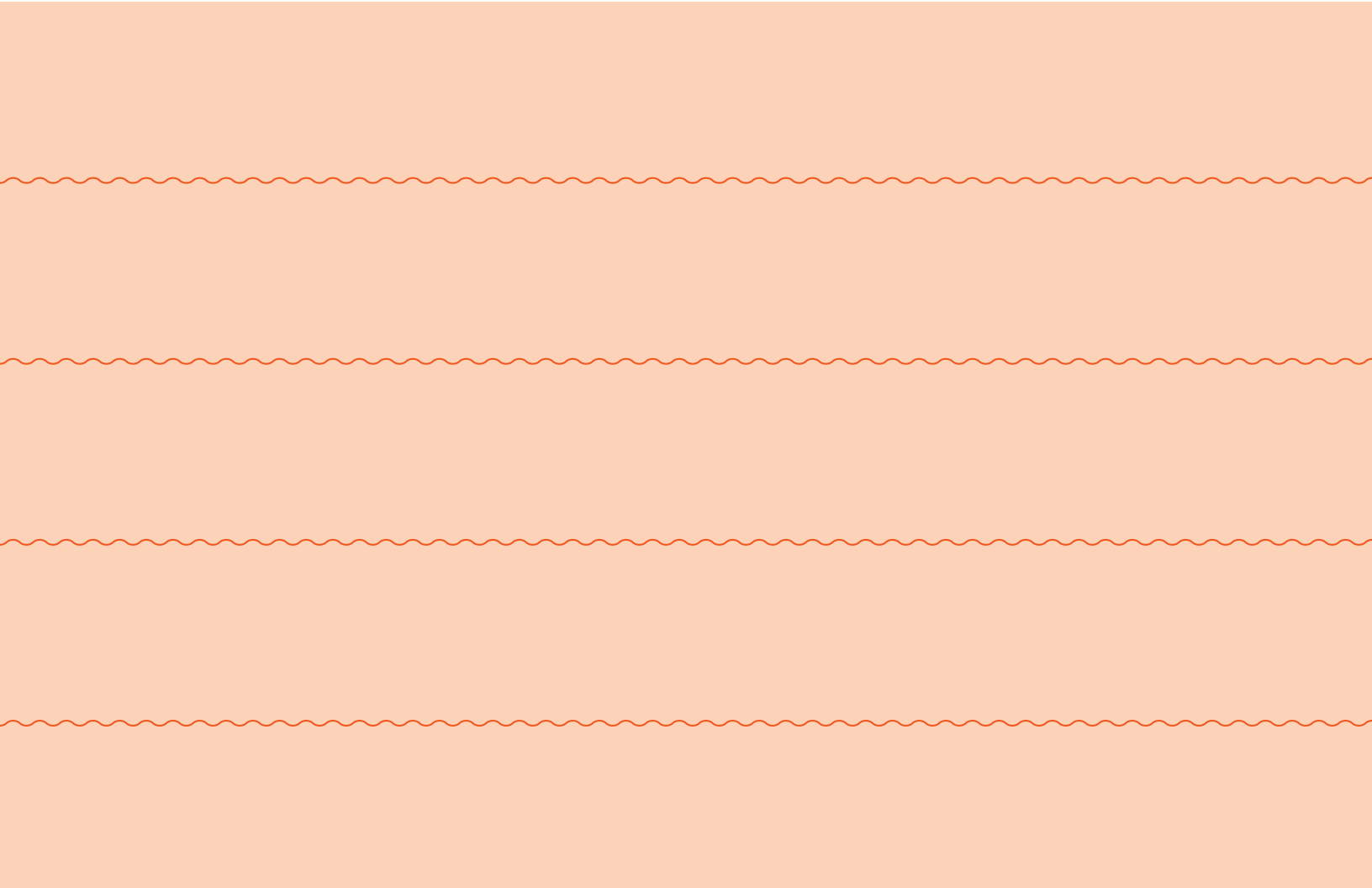


The Middle School Survival Guide



You thought the “terrible twos” phase was the most challenging time of your parenting journey. . .that is, until your kid became a middle schooler. As soon as your kid entered the sixth grade, it was as if a switch inside of them flipped — maybe your once-patient kid became extremely short tempered or your previously agreeable child started picking fights with you and everyone else every chance they got.

How do we know?

Because middle school parents everywhere are experiencing the same things in real time. It’s during this phase, between sixth and eighth grades, when your kid starts to zero in on how they see themselves, how they see the world, and how they fit inside that world view. They’re working really hard to discover their uniqueness and find where they fit in the world, and with that path to discovery comes a lot of tension.

Sometimes, it feels like you’re merely surviving: You want so desperately to encourage your kid to be themselves, but you also want to establish boundaries and let them know that sometimes, their behavior just isn’t OK. First, take a deep breath and remember this: You are in a phase right now, and the primary characteristic of a phase is that it doesn’t last forever.

Next, consider your important role in your kid’s life at this point. Your kid is very self-conscious during this time in their lives, and they’ll be looking for validation, and it’s best if it comes from you. You can affirm them by acknowledging their positive qualities and strengths and inviting other caring adults into their life to heap on the encouragement. In short, your kid needs a whole squad of biggest fans.

We know this season is hard, but you are not without support — we are with you every step of the way.

For the first-time middle school parent...

You're Not as Cool as TikTok, but You Can Be Just as Influential on Your Child

If we refuse to accept that our middle schoolers are getting older, we might lose the ability to connect with who they are and how they're changing.

READ NOW →

7 Undeniable Characteristics of Middle Schoolers Parents Should Know

If there is one common theme that surfaces every time parents of middle schoolers talk, it's this: This phase is really confusing and really hard.

READ NOW →

4 Conversations to Have Before Middle School Starts

As your preteen transitions into middle school, be thinking about how you can work in these four conversations.

READ NOW →

What to Do When You're Concerned About Your Kid's New Group of Friends

Because they're in a season of so much change, new friends are bound to come and go.

READ NOW →

For the parent who is overwhelmed by the newness of this phase...

What to Expect in 6th Grade

There is no other year of a person's life that just naturally has less consistency. They can be kids one minute, and all grown up the next.

READ NOW →

Helping My Middle Schooler Manage Their Emotions

A logical response is not what our brains need in the midst of an emotional low. And this is especially true for teenagers in middle school.

READ NOW →

4 Questions to Ask When You Notice a Shift In Your Child's Behavior

These are the moments we have a choice to make: We can pretend they aren't happening and avoid them altogether, or we can be brave and lean in.

READ NOW →

6 Ways to Help Your Middle Schooler Develop Positive Body Image

Middle schoolers are already self-conscious about their bodies. Add to that the messages they're receiving and the pressures they're getting, and you've got the potential for some major body image issues.

READ NOW →

For the parent who is worried about hard conversations...

When and How to Talk to My Child About Pornography

Pornography isn't going away. It is a temptation for all of our kids. Your role is key in helping them deal with this issue as well as the greater issues of healthy sexuality and sexual integrity.

[READ NOW →](#)

The Most Important Minutes We Often Miss

Those 15 or 30 minutes offer you a window into who your kids really are.

[READ NOW →](#)

I'm Worried My Child Is Self-Harming

As a parent, attempting to wrap one's mind around self-harm is tough. Here are a few questions and answers that might help.

[READ NOW →](#)

How to Build a Bridge Back to Your Kid After an Argument

Disagreements happen—especially with a teenager. As they are forming opinions about what they believe their world should or shouldn't look like, sometimes it collides head-on into your own wisdom and experience.

[READ NOW →](#)

You have approximately 936 weeks from the time your child is born until he or she graduates from high school. It goes by fast, and kids change and grow quickly. It's as if they shift or move on just as you're starting to figure them out. It all makes the responsibility to shape a child's faith and character feel overwhelming.



The Middle School Phase Guides simplify what parents need to know about each phase of a kid's life and give them the opportunity to discover more about their children—so they can make the most of every phase.

Discover...

- What's changing about your kid over the next 52 weeks.
- The 6 things your kid needs most.
- 4 conversations to have in this phase.

Purchase Today [—————>](#)
