

# Parent Resources for your 11 – 13-year-old child



## Literacy

1. **Graphic novels, e-books, magazines and e-zines** – let your middle schooler read whatever interests them!
2. **Let your child put their online research skills to use** – have them do the legwork planning an upcoming vacation or major purchase.
3. **Middle schoolers notice if adults around them do as they say.** So, make sure your tween sees you reading, too!



## Math & Science

1. **Help your child make a connection between what they are interested in and the kinds of jobs that could be in their future.** Encourage exploring interests through other activities (robotics competition, job shadows, [Code.org](http://Code.org), Digifest, etc.).
2. **Help your middle schooler learn to organize themselves.** Help them focus and encourage them to learn to ask for help if they need it.
3. **Math and science are everywhere** – in the news, in your home, in the community. Encourage curiosity and questioning!



## Health & Wellness

1. **Internet safety is a big issue for your middle schooler.** Be sure to build online safety skills and manage the online spaces they go to.
2. **With all the changes in their lives, middle schoolers really benefit from being physically active.** It's not just about gym class and sports teams, keep 'em active at home!
3. **Middle school is a complicated time with changing social dynamics.** Help your tween learn to be self-aware and socially aware. Keep an eye out for signs of bullying, especially online.



## Financial Literacy

1. **[Claim Your Future](#)** helps students set goals and links today's education and spending choices to future job options and financial stability. Check it out!
2. **Promote more responsible money behavior through budgeting skills.** Help your tween make a plan for long-term spending and savings goals. Instill the value of working neighborhood jobs.
3. **Review the quarterly communications about the Alford Grant with your child.** Make sure they know that there's money for higher education, and talk with them about how you can help them take that next step after high school.