



## Links for Families on Transition to Middle School

Scholastic - Parents

Making the Move to Middle School

<https://www.scholastic.com/parents/school-success/school-success-guides/making-the-move-to-middle-school.html>

KidsHealth – Nemours

10 Ways to Help Your Child Succeed in Middle School

English: <https://kidshealth.org/en/parents/school-help-middle.html>

Spanish: <https://kidshealth.org/es/parents/school-help-middle-esp.html?WT.ac=pairedLink>

PACER's National Parent Center on Transition and Employment

Making the Move from Elementary to Middle or Junior High School: Transition Tips for Parents of Students with Disabilities

<https://www.pacer.org/transition/resource-library/publications/NPC-53.pdf>

Autism Services, Education, Resources and Training (ASERT)

Tips for Transition to Middle School

<https://paautism.org/resource/transition-middle-school-education-student/>

WebMD - ADHD and Middle School: How to Prepare Your Child

<https://www.webmd.com/add-adhd/childhood-adhd/features/adhd-middle-school-how-prepare-your-child#3>

American Psychological Association - Middle School Malaise

<https://www.apa.org/topics/middle-school>

National PTA

Middle School: What Every Parent Should Know - Notes from The Backpack Podcast

Listen at: <https://www.pta.org/center-for-family-engagement/notes-from-the-backpack/middle-school-what-every-parent-should-know>

Understanding Your Teen's Brain

<https://ptaourchildren.org/understanding-your-teenagers-brain/>

Start Strong – Building Healthy Teen Relationships

Why Middle School Matters

<http://startstrong.futureswithoutviolence.org/why-middle-school-matters/>

[parentacademymiami.com](http://parentacademymiami.com)

Edutopia - Transition Resources for Parents, Teachers, and Administrators  
<https://www.edutopia.org/blog/transition-resources-teachers-matt-davis>

The Washington Post  
Five ways parents can help their kids transition smoothly to middle school  
<https://www.washingtonpost.com/lifestyle/2019/08/27/five-ways-parents-can-help-their-kids-transition-smoothly-middle-school/>

Good Therapy - Tips for Parents on a Successful Transition to Middle School  
<https://www.goodtherapy.org/blog/tips-for-parents-on-a-successful-transition-to-middle-school-0902155>

Parent Today - Making the transition to middle school more manageable  
<https://www.parenttoday.org/making-the-transition-to-middle-school-more-managable/>

CNN - Awkward! The tough transition to middle school  
<https://www.cnn.com/2014/08/18/living/middle-school-tough-transition-teens-parents/index.html>

Verywell Family - A Guide to Your Child in Middle School  
<https://www.verywellfamily.com/middle-school-kid-guide-for-parents-3288459>

School Family - Moving Up to Middle School  
<https://www.schoolfamily.com/school-family-articles/article/817-moving-up-to-middle-school>

Middle School Matters! – A Guide for Families on Middle School Transition  
<http://www.cisga.org/cisgawpress/wp-content/uploads/2012/07/Middle-School-Matters-A-Guide-for-Families-on-Middle-School-Transition.pdf>

