Preparing for Middle School

How can parents support their children?

• Anticipate anxiety and avoidance and ask questions about how your child is feeling
• Correct misinformation and educate your child on what procedures are in place to protect and support them
• Identify and create a support plan with your child
• Praise any efforts--big or small--that your child makes to manage anxiety
• Be proactive and check in with your child about bullying
• Identify trusted adults with your child that they can connect with at school

What can students do to prepare?

• Rebuild a routine
• Reach out to classmates
• Check on summer assignments
• Build a support network
• Practice coping mechanisms
• Connect with teachers and guidance counselors
• Focus on what you can control

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