



Short Stops

Stay informed
 Want to connect with your child's school on social media? Make sure to select the official page so you'll know the information is trustworthy. Click on social media icons on the school district's website, or contact the office to ask for links.

Special siblings

A youngster with disabilities can require extra time and energy from parents. To help your other children feel important, too, try to give them some undivided attention each day. For example, you might play a board game in the evening or have a one-on-one talk before bed.

A taste of learning

Encourage your middle grader to "chew on" information he learns—just like he would a tasty snack! For instance, rather than simply memorizing the First Amendment to the Constitution, he could mull over ways he has used his right to free speech or to "peaceably assemble." Perhaps he wrote a letter to the editor or went with you to a rally.

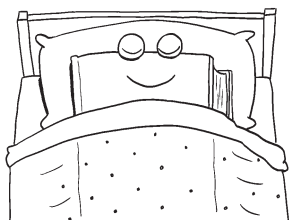
Worth quoting

"It takes as much energy to wish as it does to plan." *Eleanor Roosevelt*

Just for fun

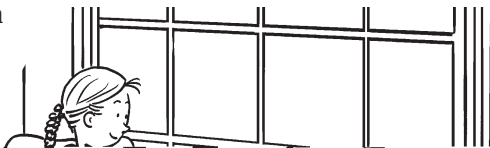
Q: Where do books sleep?

A: Under their covers.



Ways to manage stress

Anna, a typical middle grader, has a lot on her plate: schoolwork, yearbook committee, and sports. While she gets stressed from time to time, she uses strategies like these to cope—and your tween can, too.



Reduce triggers

Encourage your child to make a list of what stressed her out this week. *Examples:* "taking a pop quiz," "preparing for the student council meeting." Suggest that she identify what's behind the stressors (being unprepared, leaving things until the last minute) and plan ways to overcome them. She could review her notes each evening or start getting ready for meetings sooner, for instance.

Offer ideas

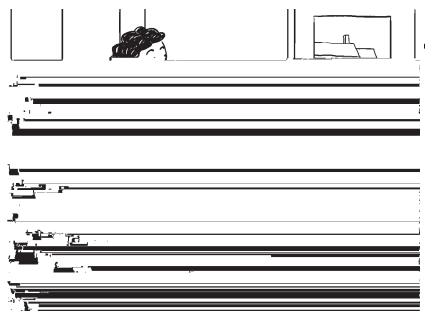
Share ways you deal with stressors such as a train delay or a computer problem. Maybe you look at a photo of a loved one or picture a peaceful scene like falling snow. Then ask your tween to name ways she could work through her stress, like taking deep breaths or snuggling with her dog.

Turn to others

Let your middle grader know that she can come to you when she's stressed. Also have her think of other people she could turn to, such as friends, her school counselor, or her coach. She can talk about what's bothering her and learn strategies for dealing with it.

Note: If stress seems to be interfering with your child's daily life, talk to her pediatrician. 👍

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