



# SURVIVAL KIT FOR PARENTS OF MIDDLE SCHOOLERS



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# Welcome

I'm so happy you decided to download my :

## Survival Kit for Middle School Parents!

First and foremost congratulations on making it to Middle School! Middle School is the perfect time to begin teaching your kids about organization and time management! I hope you find the information in here valuable not only for your kids but for YOU too!! Feel free to share with a friend!

XO,

Elizabeth Vainder, M.D.



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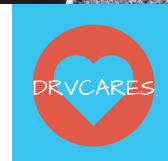
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## STRATEGY 1: EMBRACE TECHNOLOGY



LIKE IT OR NOT, YOUR KIDS ARE GROWING UP IN A WORLD WHERE EVERYTHING IS TECHNOLOGY. MANY TIMES THEIR BOOKS WILL BE FOUND ELECTRONICALLY, THEY WILL BE SUBMITTING THEIR WORK VIA COMPUTERS AND THEY WILL BE DOING MOST OF THEIR WRITING ON A COMPUTER AS WELL.

IT ONLY MAKES SENSE THAT YOU TRY TO HELP THEM WITH THEIR ORGANIZATIONAL SKILLS VIA THE USE OF TECHNOLOGY.

SURE, MAYBE TO-DO LISTS AND MEMO PADS WORKED FOR YOU IN THE PAST, BUT TODAY, KIDS ARE GRABBING THEIR PHONE AND COMPUTERS WAY BEFORE THEY'RE REACHING FOR A PEN AND PAPER.

MY FIRST RECOMMENDATION IS TO CREATE A GOOGLE ACCOUNT.

GOOGLE ACCOUNTS ARE FREE AND THEY COME WITH A FREE GOOGLE CALENDAR.

IN THERE BOTH YOU AND YOUR KIDS CAN WRITE IN IMPORTANT DATES SUCH AS BIRTHDAYS, SPECIAL EVENTS, WORK/SCHOOL SCHEDULE, DAYS OFF, NO SCHOOL DAYS AND IMPORTANT APPOINTMENTS

WHEN YOU MAKE AN APPOINTMENT ON GOOGLE CALENDAR, YOU CAN SHARE IT WITH YOUR CHILD SO THEY CAN SAVE IT AND SEE IT ON THEIR CALENDAR AS WELL.

THE BEST PART OF GOOGLE CALENDAR IS THAT YOU CAN SET IF UP TO SYNC WITH YOUR PHONE AUTOMATICALLY FROM YOUR LAPTOP OR DESKTOP! TRUST ME, DO IT!





## STRATEGY 2 : GOAL SETTING & NON-NEGOTIABLES



NEW YEAR'S EVE IS NOT THE ONLY TIME TO SET GOALS. IN FACT REVISITING YOUR GOALS IS ALWAYS GOOD PRACTICE.

IN THE BEGINNING OF THE SCHOOL YEAR, HAVE YOUR CHILD (AND YOU) WRITE DOWN 3 GOALS THAT THEY (AND YOU) WANT TO ACCOMPLISH THIS YEAR. -HAVE THEM (AND YOU) WRITE THEM IN ON THE FIRST OF EVERY MONTH IN THEIR GOOGLE CALENDAR (YOU CAN SET THIS TO BE A RECURRING "EVENT")

THE GOALS CAN BE ANYTHING THAT IS IMPORTANT TO THEM. IT DOESN'T HAVE TO BE ACADEMIC. PLEASE HAVE THEM TAKE THE TIME TO REALLY THINK ABOUT 3 THINGS THEY WANT TO ACCOMPLISH AND THEN MAKE SURE THEY CHECK IN ON THEIR GOALS IN 90 DAYS.

THE 90 DAY CHECK IN WILL HELP THEM TO STAY ON TRACK!

THE NEXT IS **NON-NEGOTIABLES**  
NON-NEGOTIABLES ARE THE THINGS YOU NEED TO DO OR WANT TO DO TO KEEP YOURSELF HEALTHY BOTH PHYSICALLY AND MENTALLY.

SO, IN YOUR CALENDAR WRITE IN TIME FOR ALL OF IT:

- EXERCISE
- SCHOOL WORK
- TIME FOR FRIENDS
- DOCTOR'S APPOINTMENTS
- RESPONSIBILITIES

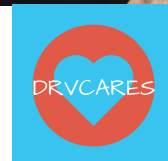
...YOU GET THE IDEA

THE KEY WITH NON-NEGOTIABLES IS THAT IF YOU WRITE IT DOWN, YOU HAVE TO DO IT, EVEN IF YOU DON'T REALLY FEEL LIKE IT WHEN THE DAY COMES.

SHOW UP FOR YOURSELF-ALWAYS!



## STRATEGY 3: TEEN FRIDAY 30



TEEN FRIDAY 30 IS THE KEY TO GETTING EVERYTHING DONE THAT YOUR MIDDLE SCHOOLER NEEDS TO GET DONE.

EVERY FRIDAY AFTER SCHOOL, THEY WILL SIT DOWN FOR 30 MINUTES TO GO OVER EVERYTHING THAT THEIR TEACHERS ASSIGNED FOR THE FOLLOWING WEEK.

THEY WILL LOOK AT THEIR CALENDAR AND ASSESS THEIR RESPONSIBILITIES FOR THE WEEK AND THE WEEKEND. (NON-NEGOTIABLES INCLUDED)

AFTER LOOKING AT EVERYTHING THEY NEED TO GET DONE IN THE WEEK THAT'S COMING, THEY NEED TO COME UP WITH A STRATEGY FOR GETTING IT DONE.

NOTHING GETS A MIDDLE SCHOOLER MORE FLUSTERED THAT OVERWHELM. THIS IS THE KEY TO AVOIDING OVERWHELM.

ENCOURAGE YOUR MIDDLE SCHOOLER TO GET THINGS DONE OVER THE WEEKEND.

LOOKING AT THE WEEK AHEAD, HAVE THEM DECIDE WHAT THEY CAN GET DONE OVER THE WEEKEND, TO DECREASE THEIR STRESS DURING THE WEEK.

THE TRUTH IS YOU CAN GET A LOT MORE DONE IN LESS TIME OVER THE WEEKEND WHEN YOU ARE WELL RESTED AND DON'T HAVE A TEST THE NEXT DAY!

THE WEEKEND IS A GREAT TIME TO BE PRODUCTIVE AND START YOUR WEEK OFF PREPARED!

FOR THE FIRST MONTH OF SCHOOL, TRY TO SIT WITH YOUR MIDDLE SCHOOLER TO HELP THEM WITH THEIR TEEN FRIDAY 30. IT MAKES ALL THE DIFFERENCE IN THE WORLD!

- 
1. So
  2. Many
  3. Things!

## STRATEGY 4 : MOM'S SUNDAY 30



### MOM'S SUNDAY 30!!

THIS IS A MUST!!

YOUR MIDDLE SCHOOLER IS NOT THE ONLY ONE THAT MATTERS!

ALWAYS REMEMBER TO TAKE CARE OF YOURSELF AND PRIORITIZE WHAT IS IMPORTANT TO YOU!

ON SUNDAYS GRAB A PIECE OF PAPER AND WRITE DOWN ALL OF THE THINGS THAT YOU NEED TO GET DONE!

MOMS HAVE A LOT ON THEIR MINDS AND WHEN YOUR MIND IS BUSY THINKING ABOUT ALL OF THE THINGS IT NEEDS TO GET DONE, IT MAKES YOU FEEL ANXIOUS AND THIS CAN LEAD TO FEELINGS OF STRESS AND OVERWHELM

AFTER YOU WRITE DOWN ALL OF THE THINGS YOU NEED TO DO, GO TO YOUR CALENDAR AND WRITE DOWN WHEN YOU WILL GET THESE THINGS DONE.

THERE IS SOMETHING ABOUT GETTING THESE THOUGHTS OUT OF YOUR HEAD AND ONTO PAPER WITH A SET DATE AND TIME THAT HELPS YOU FEEL MORE IN CONTROL AND RELAXED.

LASTLY, WRITE IN YOUR CALENDAR ALL OF THE THINGS YOU WANT TO DO TOO!

SELF-CARE NEEDS TO BE A PRIORITY IN YOUR LIFE. WHEN YOU TAKE CARE OF YOURSELF YOU SHOW UP AS YOUR BEST SELF FOR YOUR FAMILY.

SO, WRITE IT DOWN! ALL OF IT! IF IT'S IMPORTANT TO YOU THEN IT DESERVES TO BE ON THE CALENDAR AND YOU NEED TO PROMISE YOURSELF THAT YOU WILL DO IT WHEN THE DAY COMES! --NO GUILT!



# THANK YOU

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I hope you found this survival kit helpful!

Remember:

" For every minute spent organizing,  
an hour is earned."

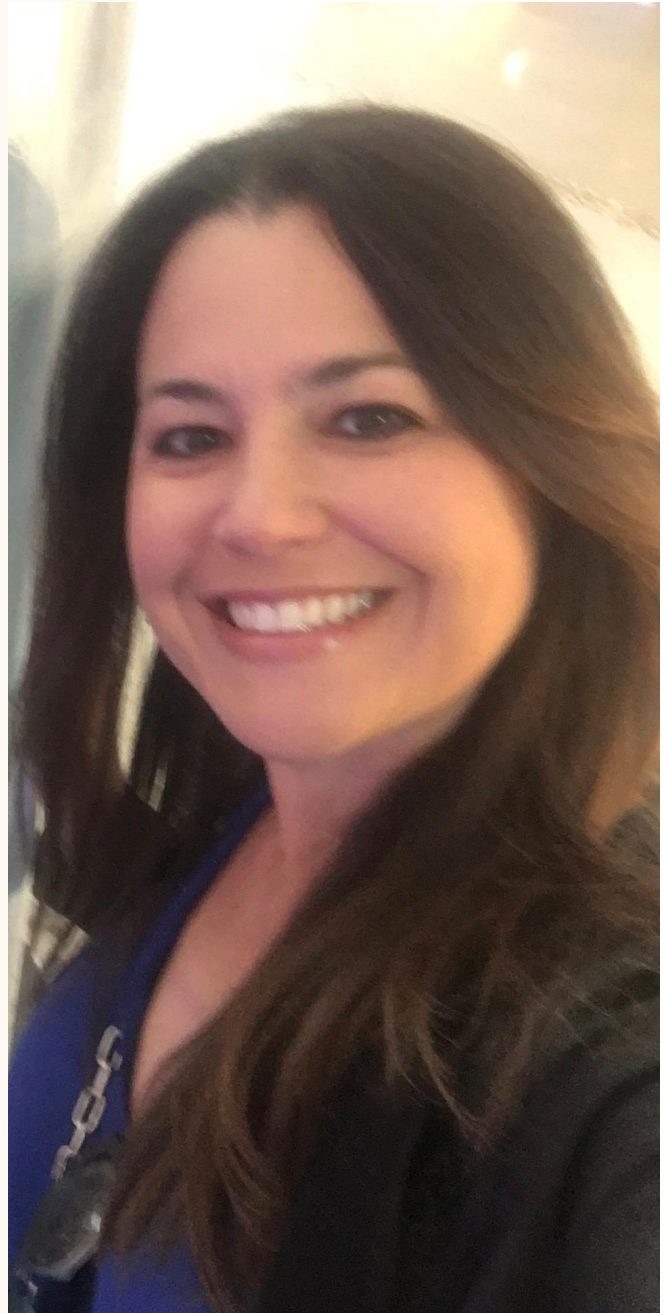
-Ben Franklin

I wish I would have known about  
these techniques in my younger  
years.

Feeling overwhelmed is real and it is  
the leading cause of stress and  
anxiety.

Too many kids and parents are  
suffering from anxiety and/or  
depression. These are some simple  
ways to help lesson some of those  
feelings.

You can do this! I believe in you!



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