

Is middle school off to a good start?

The first few days and weeks of middle school are a lot. Kids at every age and stage are just trying to fit in, stand out, and hold themselves together in the best way they know how.

Middle school kids are trying to find their place — while learning a whole new way of doing school (not to mention a slew of teachers' names). They're balancing schoolwork, social activities, and downtime. Some kids have the additional pressure that comes with difficulty focusing, making friends, or learning.

You know your child so well. But how do you know if they're having a hard time in the classroom, the lunchroom, or on the playground? **Here are three ways you can check in, decode behaviors, and support your child as the year progresses.**



Make their teachers your partner

Your child's teachers are your eyes and ears while your child is in school. Checking in with them isn't a burden — the more aligned you are, the more supported your child will feel both at home and in class. Send check-in emails or schedule occasional in-person time to chat (bring coffee!).

Reduce overwhelm and fill free time

A few weeks in, you'll have a good sense of whether your child is finding enough time to keep their classes, assignments, and after-school activities straight. Talk about what kind of system might make it easier or harder to find a groove. Notice overwhelm or where there is too much free time.

Stay curious about who your child is becoming

Kids at this age and stage are discovering who they are, what they believe, and where they belong. Things like coming out, holding emotions in, and feeling pushed away from friends can feel heavy. Observe mood patterns. Talk about feelings. Be a safe space. And surround them with support.

Brightline's expert therapists and psychologists help kids up to age 18 with things like anxiety, depression, ADHD, OCD, and disruptive behaviors. Families benefit from flexible in-person or virtual sessions, evidence-based approaches, and results. With the right support in place, things start to get better.