



Quick Tips

for Supporting your Middle Schoolers at Home

Curated by Jack Berckemeyer

1. Identify and share with your child the non-negotiable items that must be done for the day or the week.
2. Create a daily schedule.
3. Break the day down into 20 minute tasks. This helps make the day go by faster.
4. Beyond the assignments given by the school, have your child work on other critical skills. This can include manners, kindness, writing Letters, cooking, creating a game to play, sewing, ironing, and basic car repair.
5. Limit gaming time.
6. Set up a daily reward system.
7. Create a Learning Log.
8. Find funny videos and share them as a family.
9. Do 10 positive things a day.
10. Have a family member be a guest teacher via technology.
11. Keep tasks short and easy to accomplish.
12. Be honest and open about what is going on and why.
13. "No" is an option.
14. When things are crazy just ask "Do you want me to Listen, React, or Solve?"

To view Jack's entire presentation, visit amle.org/webinars

For more information and resources to support your students during the COVID-19 school closures, visit amle.org/covid19

