1. Explain that school is your child’s job. School and schoolwork takes priority over sports, hobbies, and social media.

2. Ask your child, “What do you think is the best job in the whole world?”

3. Help your child start a study routine. Encourage your student to pick a regular time and place to work.

4. What activities does your middle schooler most enjoy doing with family? Get your child’s feedback and make plans to do some.

5. Find out how students’ families can volunteer to help the school. Ask about things you can do at school and at home.

6. Some middle schoolers are embarrassed by public affection. But they still like hugs at home!

7. Discuss the importance of attending every class with your child.

8. Students who take part in extracurricular activities feel a stronger connection to school. Help your child find a school activity of interest.

9. Ask your child to tell you about one of this year’s teachers.

10. It’s Grandparents Day! Help your child do something nice for a grandparent or another older person.

11. As a family, create a routine that will make mornings run smoothly.

12. Encourage your child to write all assignments down in a planner. This helps students see everything in one place.

13. After study time, put on a favorite song and get everyone moving!

14. Challenge your child to imagine life 150 years ago. How about 150 years in the future?

15. Ask your child, “What is one thing that makes you feel really excited?”

16. Is your child’s room messy? Set the timer for a 15-minute pick-up blitz before moving on to a fun activity.

17. Look at family photos with your middle schooler. Ask your child to organize them.

18. Ask who your child’s role models are, and why.

19. Play Math Catch together. Call out a problem—such as $60 + 12$—as you toss a ball. See if your child can say the answer before catching it.

20. Discuss honesty and why it matters in school. Point out people who demonstrate honesty.

21. Ask about something your child is reading for school. What is it about? What are the characters like?

22. Boost your child’s financial literacy. Have your child keep a record of all money earned or received, and all money spent.

23. Take advantage of opportunities to talk with your child while doing chores or errands.

24. Middle schoolers like to make a difference. Help your child think of ways to help others.

25. Find a new word in the dictionary. Can each member of your family use it three times today?

26. Learn the names of your child’s teachers and make sure you have contact information for them so you can stay in touch.

27. Suggest that your child start a book club with friends from school.

28. Go for a walk with your child and look for signs of fall.

29. Ask your child for suggestions of nutritious after-school snacks to keep on hand.

30. Make Sundays Backpack Clear Out Day. Your child will start the week organized.