

Parenting Your School-age Child

Children, age 6-12, go through many changes. They are learning to control their feelings, use reasoning and solving problems. During this time, children need rules and guidance and, most of all, their parents love and support.

As a parent what you may be noticing:

- Children see things in black or white. They are concerned about fairness & rules.
- Get distracted easily and may lack organizational skills.
- They are capable of doing chores and homework more independently, although they may need reminders.
- During this time they are developing relationships with peers and care deeply about “fitting in”.

What parents can do:

- Model the behavior you want them to see.
- Make a few important rules and enforce them every time.
- Communicate to your child what you expect from them.
- Support their growing bodies by providing the proper nutrition.
- Limit the time spent watching TV, playing video games and on the computer.
- Be involved in your child’s school.
- Offer support and understanding when your child is having issues with their peers.
- Do not wait for your child to learn about sex, drugs and alcohol from their peers.
- Communicate openly with your child and maintain an open line of communication.

For more parenting resources: <https://www.childwelfare.gov/preventing/preventionmonth/tipsheets.cfm>

