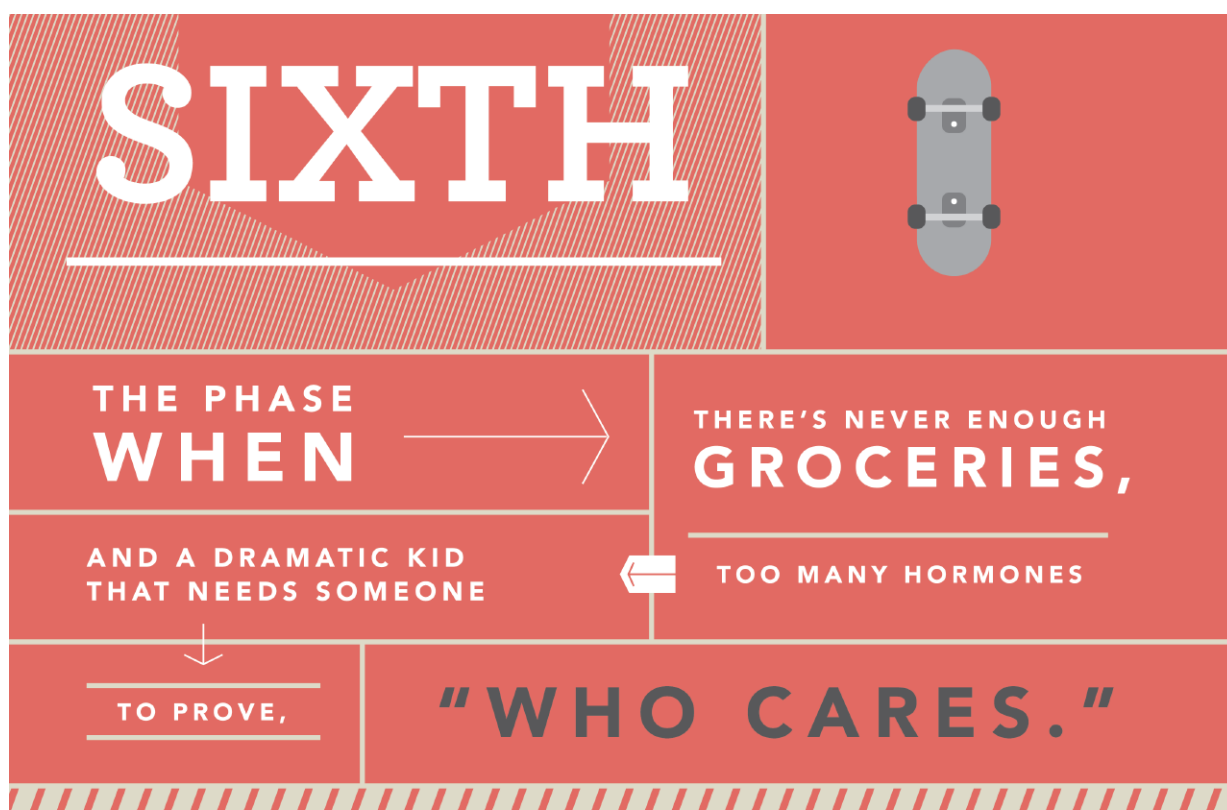


SO YOUR KID IS IN _____ 6TH GRADE NOW!

Middle school is a big deal and comes with lots of changes. We want you to know that we see you, and we're here to support you as you navigate the joys and challenges that come with this coming year. Every sixth grader is different, but here are some things you might find helpful.

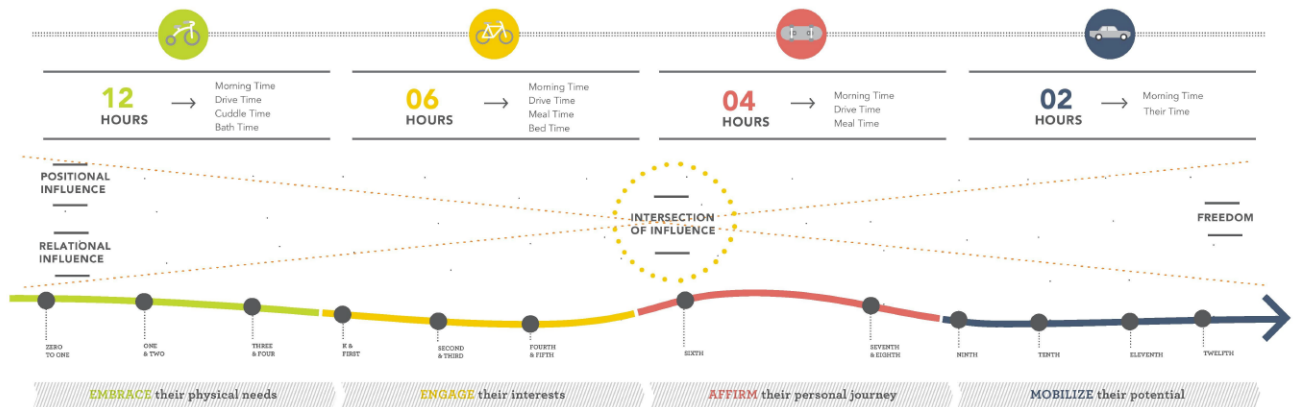


One question we believe almost every sixth grader is asking is

“WHO AM I?”

Sixth graders are in an extremely inconsistent season. They might be wanting a cell phone, while still sleeping with their favorite stuffed animal. Their attire can go from sloppy to overdressed and back. Their emotions can change drastically from hour to hour. For most sixth graders, this is the first year of middle school which means that your kid will be entering an entirely new social context. Your middle schooler will start using a locker, seeing dating couples, sitting through health class, and many other new things that make middle school feel like a crisis. Your sixth grader is navigating the chaos of middle school, and when you affirm their journey, you help them gain stability.

PARENTAL INFLUENCE



There will most likely be ups and downs between you and your sixth grader. Drama may erupt. Doors might slam. Tears will probably flow. But these turbulent moments are your opportunity to lean in even closer to your kid. Your sixth grader will push you. Show them that they can't push you away. **Show them that regardless of the changes in how they look, act, or feel, your love will be consistent.** They will likely break your trust. Show them that they can trust you no matter what.

SIXTH GRADERS ARE MOTIVATED BY ACCEPTANCE

When you provide stability and affirm their value, you are showing them that you are an answer to the question: "Who cares?"

Your sixth grader needs consistent, positive friends and mentors in their life. It's so important for you to be affirming your kid's value, and when their worth is being communicated by multiple, trusted sources, it helps reinforce the truths you are instilling. You may start feeling like your sixth grader values a non-parental influence over yours. Don't be discouraged. Even if they don't show it often, no-one can replace you as the safe haven for your sixth grader.

HERE ARE SOME WAYS YOUR KID IS CHANGING.

PHYSICALLY

- They need lots of food and 9-11 hours of sleep each night.
- Girls begin outpacing guys developmentally.
- Guys experience changes in height and weight, hormone increases, and possible acne.
- Girls experience changes in height and body shape and may begin menstruation (ages 10-16).

SOCIALLY

- They seek peer approval and conformity.
- They often display their worst behavior at home.
- They value non-parental adult influences.
- They may have romantic interests and may experiment with physical affection.

MENTALLY

- They enjoy challenges and learning new skills.
- Their ability to grasp abstract concepts increases.
- They can begin seeing the world from different perspectives.
- They differentiate actions and motives, but often misinterpret motives.

EMOTIONALLY

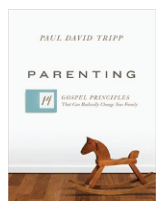
- They often mask their emotions to fit in.
- They benefit from talking about what they are feeling and why.
- They struggle with decision-making.
- They may lie often.
- They may undervalue persistence, effort, and practice.
- They debate often but argue more from emotion than logic.

HERE ARE SOME RESOURCES WE RECOMMEND.



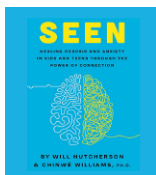
Finding the Magic in Middle School.

This book offers a positive outlook on the opportunities of middle school over the confusion and struggles. It addresses how parents can help their middle schooler discover who they are, enjoy their friendships, and manage their growing emotions, while maintaining a close relationship with them.



Parenting: 14 Gospel Principles That Can Radically Change Your Family.

This is a resource that other parents of sixth graders at CCC have found helpful. It strives to present an overall picture of God's plan for parents rather than a to-do list.



Seen.

This short read is incredibly helpful in knowing how to respond to a kid who's experiencing more anxiety or sadness than normal.



Parent Cue Blog.

This website is crammed with tons of articles on many subjects with practical helpful advice.



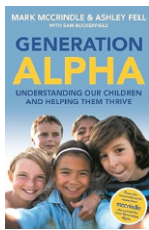
Parenting Your Sixth Grader.

This book has lots of very insightful information and practical advice on how to engage with your sixth grader. There are also lots of blank pages for processing questions if you find that useful.



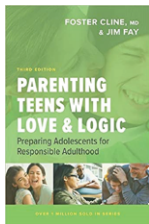
Bible App (Loop Plans).

This free app will give your sixth grader access to multiple versions of the Bible. Also, if you search for the Loop Show under the plans tab of the Bible App, there are Bible reading plans that coincide with our Loop teaching schedule. You can access that schedule here: <https://open.life.church/schedule>



Generation Alpha.

This book is based on extensive social demographic research. It dives into the complex experiences and challenges that Generation Alpha (anyone born 2010-2014) faces. It's a practical guide for how to "best raise, educate, and guide Generation Alpha."



Parenting Teens with Love and Logic.

This is another resource recommended by CCC parents. Even though your sixth grader is not technically a teen yet, this book addresses adolescence rather than just teenagers (many sixth graders are facing the challenges of adolescence). This book addresses a wide range of relevant issues, and has been updated to include cyber-bullying, and social media.

If you're not able to afford one of the above resources, please reach out to us - we'd love to help!

HI, I'M TIM STEITZ!



Hi, my name is Tim Steitz! I am the Pastor of Loop (5th and 6th grade) at Christ Community. Fifth and sixth graders are in an incredible stage of life where they are ready to engage in community, own their relationships with Jesus, and discover their identity in Him. I love getting to be a part of that journey. You parents are the primary champions of your 5th and 6th graders, and I want to join you in their corner. Please reach out to me if you have any questions about the Loop, or if you'd just like to chat! Email me at: tims@cccgreeley.org

THE LOOP IS FOR 5TH & 6TH GRADERS. WE MEET DURING EVERY WEEKEND ADULT SERVICE TIME.

We also have quarterly Loop Nights on Fridays (details communicated in advance), and midweek leadership opportunities for Loop students that are ready for a next step (details communicated in advance).