

# SO YOUR KID IS IN --- **5TH GRADE NOW!**

This is an exciting year, and 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 it. Every fifth grader is different, but here are some things you might find helpful.

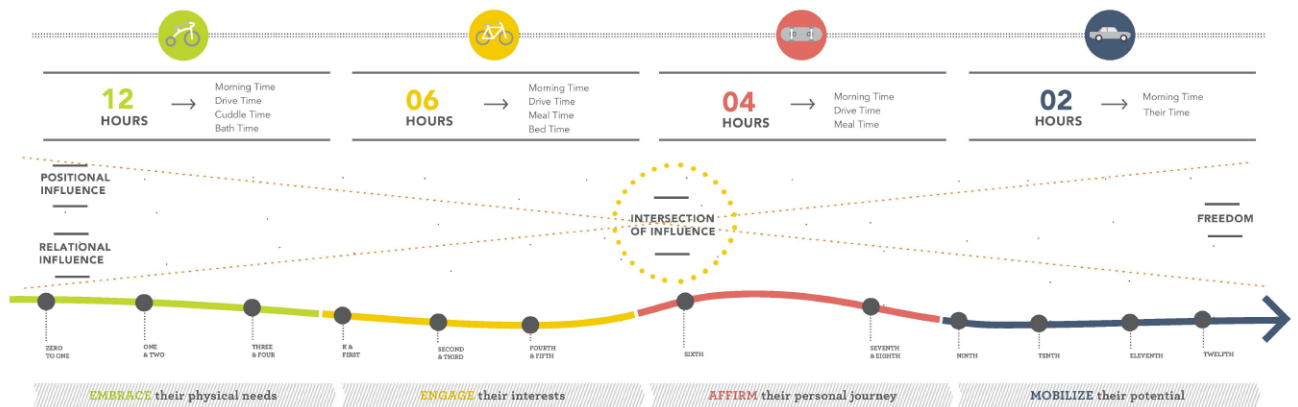


One question we believe almost every fifth grader is asking is

## **“WHO ARE MY FRIENDS?”**

Fifth graders are big fish in a small pond. They have a natural confidence that has come from mastering the elementary school ropes. They have already begun, and are looking to continue, surrounding themselves with “their people.” They are looking for places of belonging and acceptance. The opinions and advice of a fifth grader’s friends bear a lot of authority. The increased value of friendship and belonging allows fifth graders to understand different points of view, empathize with others, and be an advocate for themselves or others.

## PARENTAL INFLUENCE



## YOUR INFLUENCE

# IN YOUR CHILD'S LIFE IS SHIFTING.

This doesn't mean that your kid needs you any less, but they are beginning to need you in a different way. This is a prime time to provoke discovery. Your fifth grader wants to be challenged, and they need to know that you are behind them the whole way, cheering them on. We know that you're already a super fan of your kid. Fifth grade is an important time for your kid to see that, too.

**With the elementary experience under their belt, and a “no fear” attitude, your fifth grader is motivated by fun and competition.** Lean into that confidence, and build it by showing them that you see the potential they are beginning to feel in themselves.

**It can be tough to know exactly what it looks like to be your kid's super fan.** For this, watch how they interact with their friends. Fifth graders are excellent cheerleaders for each other. If you want to support and engage your fifth grader's interests, include their peers, coach relational skills, and help them develop healthy friendships.

## HERE ARE SOME WAYS YOUR KID IS CHANGING.

### PHYSICALLY

- Their speed, force, and body control are improving.
- They need outdoor time and physical challenges.
- They may show signs of early puberty stages: acne, mood swings, changes in height and weight (girls, ages 8-9; boys, ages 9-12).
- They continue losing baby teeth, including molars (ages 9-12).
- They need 10-11 hours of sleep each night.

## SOCIALLY

- They enjoy cooperative and group games and thrive in competition.
- They are beginning to desire more privacy.
- They benefit from having a same-gender best friend.
- They may be interested in or curious about opposite-gender relationships, but they will rarely admit it.

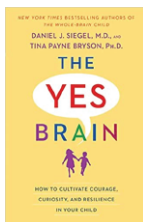
## MENTALLY

- They enjoy problem solving and can collaborate on rules and consequences.
- They may enjoy collecting things (cards, rocks, coins, etc.)
- Their skill at memorizing facts is growing.
- They are beginning to understand abstract concepts.

## EMOTIONALLY

- They tend towards confidence and contentment.
- They may be easily embarrassed about their body.
- Their moderate experiences of failure will begin building resilience.
- They want to be seen as independent and mature.
- They may be drawn to service opportunities (“I have something to offer.”)

## HERE ARE SOME RESOURCES WE RECOMMEND.



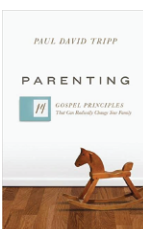
### The Yes Brain.

This book helps understand the fifth grade brain. It offers helpful insight into how parents can nurture their fifth grader toward balance, resilience, insight, and empathy.



### Parenting Your Fifth Grader.

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



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

This is a resource that other parents of fifth 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.



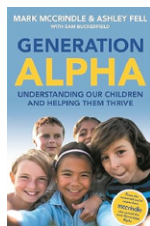
### **Bible App (Loop Plans).**

This free App will give your 5th 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>



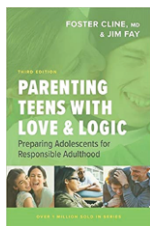
### **Parent Cue Blog.**

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



### **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 5th grader is not technically a teen yet, this book addresses adolescence rather than just teenagers (many fifth 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](mailto: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).