



Middle School Makeover

A book study for parents

5 Wednesdays 11:00AM-12:30PM

Great Location! Downtown Abacoa
@Kids Need More Art
1155 Main St. #116
Jupiter, FL 33458

Cost: \$150.00 per person
or
\$225.00 per couple

Improving the Way You and Your Child Experience the Middle School Years

By the time you finish this course you will know:

- How the key tasks of body, brain, and identity development will affect your middle schooler and why your parenting approach must adapt to address these changes.
- What really happens in middle school today and how it differs from when we were there.
- How to teach your child to independently and creatively solve his/her own problems.
- The best way to get your child to open up to you honestly about middle school life.
- What to say and do when your child comes to you with the common social dilemmas middle schoolers face.
- How to practice taking care of yourself during this time, too.

Wouldn't it be awesome...

“if, instead of dreading the middle school years, we got excited about it? There’s a lot of magic that happens during the middle school years and it has the potential to be one of the best times of your parenting life...if you can see middle school through a new lens.”

~Michelle iCard, Author of Middle School Makeover

Group dynamics can be amazing! I love that we will be able to share our unique stories and experiences with each other. It will make the book experience more valuable, because we can learn from, and bounce ideas off each other. I will also set up a FaceBook group, so we can support each other in-between classes. Something else I bring to the table as a Life Coach for Kids is authentic insight into the middle schooler's brain. My kid-clients tell me things they don't want to tell their parents. Guess what? That's you! Your kid doesn't want to tell you stuff! And it's not for the reasons you think. I can help coach you, based on my experience working with kids to a better, more open, and calm relationship with your middle schooler.

I can't wait to dig in to this book with you! I'm excited and look forward to helping you feel a little less stressed, and a little more confident when it comes to the middle school years!

So... Are you ready to learn how to:

- Communicate with your child more effectively
- Help your child learn how to take healthy risks
- Understand why your tween/teen is irrational and impulsive
- Help your child develop an identity outside of you
- Help them solve their own problems
- Help them develop critical thinking and impulse control

Get ready to dig in! Let's do this!

