



# CELEBRATING THROUGH THE PHASES

MIDDLE SCHOOL

Ideas to help you celebrate what is good right now.

Your middle schooler is forming new relationships and discovering new things about themselves every day. Affirm their personal journey, and make a point to celebrate them and all the good things about the phase they're in.

Here are some fun celebration ideas to get you started. (With a middle schooler, everything goes over best with their favorite food.)

**Trying out for the team** (even if they didn't make it)  
Make or take them to their favorite dessert at dinner. Share stories about when you tried things that didn't work out.

**Working hard at school** (no matter their grades)  
Go to a movie on a school night (preferably one without any homework). Your kid will be so shocked they'll never forget it!

**Navigating a sticky social situation** (or relationship)  
Make them a breakfast of champions.

**Developing preferences** (like their taste in music)  
Play their favorite song at dinner. (Bonus points if you surprise them with tickets to a concert!)

**Showing kindness** (like reaching out to someone in need)  
Post a sign on their door (with a candy bar attached, of course) that says "I'm proud of you!"

For more information on great parenting resources, visit [parentcue.org](http://parentcue.org)  
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