

RESOURCES FOR PARENTS!!

Suggested Web Sites

Kids Health: Going back to school for kids
http://kidshealth.org/kid/feeling/school/back_to_school.html

Firstgov.gov: Back to School
http://www.firstgov.gov/Topics/Back_to_School.shtml

National Safety Council: Back to School Safety Tips
http://www.nsc.org/mem/youth/8_school.htm

Other Helpful Websites

www.timetotalk.org - Time To Talk is an online community, resource and toolkit to help parents connect with their kids.

www.antibullying.net/ - Information for young people, parents and teachers on tackling **bullying** within schools

<http://careercruising.com/default.asp> - Career Cruising is an interactive career resource designed for people of all ages. If you want to find the right career, explore different career options, or plan future education and training, you've come to the right place!

www.4parents.gov - Includes conversation starters and lots of tips on talking to your teen or pre-teen.

www.allkidsgrieve.org/home.html - A resource for helping children deal with grief from many types of loss including divorce.

<http://kidshealth.org/parent/> - The largest and most-visited site on the Web providing doctor-approved health information about children from before birth through

adolescence. Created by The Nemours Foundation's Center for Children's Health Media, the [award-winning](#) KidsHealth provides families with accurate, up-to-date, and jargon-free health information they can use. KidsHealth has separate areas for [kids](#), [teens](#), and [parents](#) — each with its own design, age-appropriate content, and tone. There are literally thousands of in-depth features, articles, animations, games, and resources — all original and all developed by experts in the health of children and teens.

<http://www.familyeducation.com/home/> - Launched in 1996 as the first parenting site on the Web, FamilyEducation has become the Internet's most-visited site for parents who are involved, committed, and responsive to their families' needs

Suggested Reading for Middle School Parents

Suggested Reading for Middle School Parents

The Roller Coaster Years: Raising Your Child Through the Maddening Yet Magical Middle School Years, by Charlene C. Giannetti and Margaret Sagarese

Reviving Ophelia: Saving the Selves of Adolescent Girls, by Mary Pipher, Ph.D.

Real Boys: Rescuing Our Sons from the Myths of Boyhood, by William S. Pollack

The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience, by Martin E.P. Seligman, Ph.D.

No: Why Kids-Of All Ages-Need to Hear it and Ways Parents Can Say It, by Dr. David Walsh

Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen, by Dr. David Walsh