

AGES 11–14

In Montana, we want what's best for our kids. We want them to be confident, respectful, and make healthy choices.

Here are tips from ParentingMontana.org that address common issues for children ages 11–14.

Visit ParentingMontana.org to find tools that address these and other issues for children at every age.

Homework for ages 11–14 establishes learning habits that will extend throughout their school years.

- Ask open-ended questions.
 - *"Where did you find this lesson in your book?"*
 - *"Is there another place you could find the answer?"*
 - *"Is there another way to think about your answer?"*
- Lead to resources.
 - Homework often relates to resources they already have from school. When they can't find an answer, guide them back to their materials.
 - *Focus on keywords so they can learn to spot them.*
 - *Read and review together.*
 - *Ask which points are most important when talking about a problem.*
 - *Underline or highlight key words in the instructions or question to focus attention.*
- Research together.
 - If you cannot answer the question using their resources, do some online research together. Allow your child to drive the process: *"What should we look up or search for together?"*
- Teach the essential "Brain Break."
 - Breaks do not represent weakness or a lack of persistence. In fact, our brains work better if we take frequent breaks. Discuss the need to move away from their seat, get a drink of water, or walk outside for fresh air.



Chores teach a work ethic that is essential in helping children persist toward any type of goal. Children who do household chores are more confident and responsible.

- Start by asking for their input on how they can contribute to the household.
 - *"What needs to be done in your bedroom to keep it clean?"*
 - *"How should we deal with dirty clothes?"*
 - *"How should we prepare for and eat family dinner together?"*
- Create a checklist together of your child's chore plan on a whiteboard or chalkboard. Children appreciate owning the list and enjoy checking off their list.
- Consider how you can teach new tasks to help your child take responsibility.
- Allow your child the opportunity to complete the chore on their own. Offer support on challenges when tough issues arise.
- Recognize their efforts.
 - *"I notice how you brought back the garbage can from the curb today without my asking. That's taking responsibility!"*

As a parent or one in a parenting role, you play an essential role in your child's success. Parenting a child ages 11–14 isn't easy.

ParentingMontana.org provides information for parents and those in a parenting role who want to know more about such topics as improving communication and relationships with their children.

Montana has many things to be proud of, and it's the best place to live and raise a family.

**Learn about all this and more by visiting
ParentingMontana.org**



Brought to you by the Offices of Child Care, SAMHSA, and Montana DPHHS. The views and opinions contained in the publication do not necessarily reflect those of SAMHSA or the U.S. Department of Health and Human Services and should not be construed as such.