

# PARENTING TIPS - MIDDLE CHILDHOOD (6-11 YEARS OLD)

Your child will undergo emotional and social changes during this time. Making your child feel good about themselves will help them resist negative peer pressure and make better choices for themselves.

Talk daily ask about school, friends, and what makes them happy.



Teach kindness and helping others by setting a good example.



Have fun together - play games, read books, or go to events.



Stay involved in school - meet teachers and attend events.



Read together often - take turns reading out loud.



Encourage trying new things and support problem-solving.



Suggest joining activities like sports, music, or volunteering.



Set clear rules for things like screen time and bedtime.



Use discipline to teach, not shame – explain what to do next time.





## children's health & wellbeing local

Free support for children and their families

Praise effort – say “You worked hard” instead of “You’re smart.”



Teach patience by taking turns and finishing tasks before starting new ones.



Talk about choices, consequences, and handling peer pressure.



Teach safety around traffic, biking, water, and risky play.



Give small chores at home to build responsibility.



Know your child's friends and their families.



Offer healthy meals, limit junk food, and encourage 1 hour of activity daily.



Talk openly about puberty and changes they may go through.



Make sure your child gets 9-12 hours of sleep each night.



The Children's Health and Wellbeing Local is jointly funded by the Victorian Government and the Australian Government through the Head to Health Kids Initiative.

Scan the QR code to know more



Source - Relationships Australia;  
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