

Understanding Middle School Behavior

Contributed by Laurie B. Freeman

Since I have a 13-year-old daughter, I am always reading books to understand her behavior and improve mine with her. I just finished *Not Much Just Chillin*'s the hidden lives of middle schoolers by Linda Perlstein. Linda spent a year shadowing a group of kids in a suburban Maryland middle school. Her book offers insight on how middle school kids think, what is important to them and some brain development information that can tell us parents why they act the way they do. It doesn't offer much in terms of how to deal with them on a daily basis but does provide insight in the hopes that we may be able to empathize with them between arguments.