1. Watch the national news as a family. Ask each person to express an opinion about a story.

2. Are you away from home during the day? Talk with your child about what to do during an emergency.

3. Build familiarity with the high school your child will attend. Call and ask if you and your child can take a tour. Read the website together.

4. Read the Declaration of Independence with your child today. Talk about why it was written.

5. Ask your child to tell you about a time when telling the truth was hard.

6. Have your child play a favorite song. Listen to the lyrics and discuss what you hear.

7. Make some lemonade and read outside with your child today.

8. Ask your child, “Would you rather have 23 hundred-dollar bills, 48 tens and 9 ones, or 26 hundreds, 17 tens and 22 ones?”

9. Is your child turning into a summer couch potato? Limit screen time and encourage outdoor activity.

10. Tell your child about your day in as much detail as you would like to hear about your child’s day.

11. Ask your child, “What makes a house a home?”

12. Compliment something about your child’s appearance today.

13. Help your child learn about the sections of an orchestra. Then, listen to some classical music.

14. Suggest that your child write a descriptive story about middle school life.

15. Plant a family garden—outside or on the windowsill—with your child. Include at least one fruit or vegetable plant.

16. Kids may say, “Everyone else is doing it.” Don’t cave in—say, “Well, we aren’t.”

17. If your middle schooler could open a store, what kind would it be? How would your child attract customers?

18. Encourage your child to read about young teens who are making a difference. Ask a librarian for suggestions.

19. Walk a mile or a kilometer with your child. Before you start, estimate how long it will take.

20. Visit a museum together, in person or online.

21. Have your child show you a favorite app. Explore it together.

22. Will your child need a back-to-school physical? Make an appointment today.

23. Ask your child, “If you could improve one thing about yourself, what would it be?”

24. Kids need some time alone with their thoughts. Suggest activities your child can do alone.

25. Does your middle schooler want a special privilege? Challenge your child to write a persuasive proposal.

26. Ask your child, “If you could meet anyone from history, who would it be? What would you say?”

27. Have your child draw a picture of something inspiring.

28. Look online for a festival or event that highlights a culture other than your own. Plan to attend as a family.

29. Talk with your child about a historic event that you remember.

30. Improve communication with your child by listening attentively.

31. Discuss a time when your child’s persistence led to success.