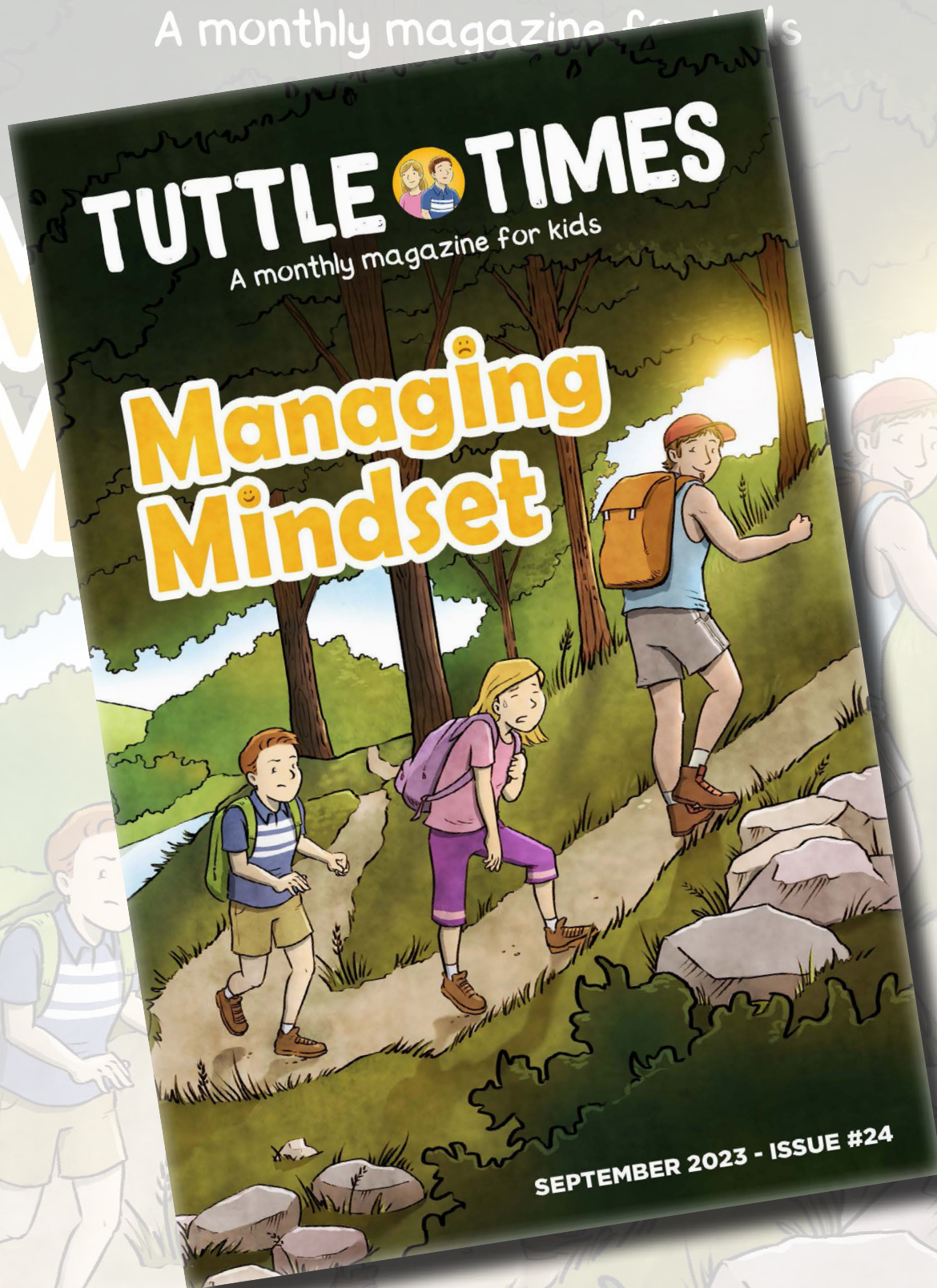


SEPTEMBER 2023 PARENT GUIDE

A monthly magazine for kids



**ARTICLE SUMMARIES &
FAMILY DINNER CONVERSATION STARTERS**

LETTER TO PARENTS

Dear Parents,

We want our *Tuttle Times* Parent Guide to be a valuable resource for you. Parents play a crucial role in shaping their children's minds and helping them understand the big ideas that lay the foundation for a bright future. We want to empower you to confidently guide your children in learning these principles.

Our mission is to equip you with knowledge and resources to make learning engaging and meaningful for your children. By encouraging curiosity, critical thinking, and a love for learning, your children can apply their knowledge in real-life situations and nurture their problem-solving skills and creativity.

We have included dinner table conversation starters in this Parent Guide. We firmly believe that changing the world begins at the dinner table. We hope these conversation starters will spark meaningful discussions and provide opportunities for bonding as a family.

—The Tuttle Twins team



Be sure to check out our [September Issue Resources](#), which has links to the challenge badges, activity solutions, and more!

New! We would love for you (and your child!) to share your thoughts on this month's issue with us. Find the survey links on the September Issue Resources page!

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Article Overviews and Dinner Table Conversation Starters

We encourage you to read the *Tuttle Times* articles with your children, and we hope that the topics and big ideas bring about conversations that expand their knowledge and understanding of how the world works.

For each article, we explain our reasoning for including it in this month's issue along with dinner table conversation starters. Bon appétit!

Adventure in Attitude (Issue pages 3–6)

This story gives your family the opportunity to discuss the significance of attitude, the beauty of embracing challenges, and the power of a positive mindset. Next time your children encounter challenges, we hope they remember this story and find joy in their journey.

Dinner Table Conversation Starters

- How do you react to unexpected challenges that affect your day? What did you learn from those experiences or this story that you can apply to future situations?
- Has something unexpected ever happened to you that made you sad at first, but the day turned out to be more fun than planned?
- Can you think of a situation where you enjoyed the journey of reaching a goal more than the achievement itself?

Finding the Positive (Issue pages 7–8)

Children encounter many situations that shape their experiences. Unexpected challenges happen. We hope your children understand these challenges don't have to affect their entire day—if they have a positive mindset.

Dinner Table Conversation Starters

- What is something that happened this week that brought you joy or made you appreciate the little things?
- Sometimes, we can be our own biggest critic. How can a positive mindset help you deal with mistakes in a better way? How can it help you to achieve your goals?



Brave Minds for a Brighter World (Issue pages 9–10)

Even when we can't control everything around us, we possess the remarkable ability to control our mindset—a tool that can help us transform our lives and the world. Instead of thinking of problems as scary or too big to solve, children can boldly focus on positive actions that make a difference and drive change.

By nurturing a positive mindset, children approach each challenge with courage, determination, and hope. They become problem solvers, contribute to a brighter future, and experience personal growth. Let's foster a generation that believes in their power to make a difference.

Dinner Table Conversation Starters

- How do you feel when you hear about something in the news that affects other people's lives negatively? How can a positive mindset change how the news affects your mood and reaction?
- What is a problem in the world today that is affecting people's lives? How can we be a part of the solution to that problem?



Latest Buzz: Lights Out for Incandescent Bulbs (Issue pages 11–12)

Government banning one type of product isn't a good thing. Every choice we make involves trade-offs, and individuals have different priorities when making purchasing decisions.

Some people value lower costs and affordability, while others prioritize environmental friendliness and are willing to pay more for LED lights. With the free market, everyone makes their own decision. With a government ban, choice is taken away from the individual in order to allegedly do what's best for the collective. But sometimes the free market can pretty much get to the same result for the collective—without force.

Dinner Table Conversation Starters

- Government regulation, customer requests, and competition can all drive changes in manufacturing. How do these approaches differ in what types of changes are initiated and in what the results are?
- Do businesses ever voluntarily choose to improve their product to be better for the environment without the government forcing them to with regulations? Why do you think that is?
- Do you think personal values should be involved when determining which companies to buy from?



Instilling a Positive Mindset in Children

Instilling a positive mindset in children has never been more important. As parents, we play a crucial role in shaping our children's outlook on life and their ability to navigate challenges with resilience and optimism. Whether it's guiding them to achieve personal goals or helping them process unsettling news, here are some valuable insights to become a role model for a positive mindset and support your children in fostering their own positive mindset.

Lead by Example: Children are incredibly perceptive and tend to imitate the behaviors and attitudes they observe in adults. Share your own stories of overcoming challenges, emphasize the importance of learning from failures, and highlight the joy of embracing new opportunities. Let your child see how you process difficult events in the world and how to focus on what you can control and what you can change to make the world a better place.

Value Goal Setting: Teach your children the value of setting achievable goals and working toward them. Help them break down larger objectives into smaller, manageable milestones. Celebrate their successes, no matter how small, and use setbacks as learning opportunities to illustrate that setbacks are natural and can be stepping stones towards growth.

Invite Communication: Create an environment where your children feel comfortable discussing their fears and concerns. When they encounter frightening news or events, listen actively and address their questions honestly but age-appropriately. Reinforce that while there are challenges in the world, there are also people working towards positive change. And you can work together to be a part of making that change happen too.

Practice Gratitude: Encourage a daily gratitude time where you and your children list things you're thankful for. This cultivates an appreciation for the positive aspects of life and helps shift focus away from negative thoughts.

Emphasize Resilience: Children will face challenges and need the ability to bounce back from adversity. Share stories of people who have found strength through challenging times. Oftentimes, resilience is hard to see in the world unless it is pointed out. People tend to notice someone's success and not realize the challenges someone overcame along the way.

Limit Media Exposure: In an age of constant information, be mindful of the media your children are exposed to. While it's important to know what's going on in the world, shield them from excessive negativity and teach them how to critically assess information and differentiate between credible sources and sensationalized news.

Encourage Acts of Kindness: Engaging in acts of kindness and generosity can be incredibly rewarding. Encourage your children to help others, whether it's volunteering, supporting a friend, or even just performing small acts of kindness.

By embodying a positive mindset and providing guidance in navigating life's ups and downs, you empower your children to develop their own resilience, optimism, and problem-solving skills. Remember, the journey towards a positive mindset is ongoing, and your unwavering support will be their foundation for a brighter future.

TUTTLE TIMES

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Managing Mindset

