

DECEMBER 2023 PARENT GUIDE



**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



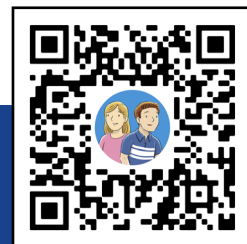
Be sure to check out our [December Issue Resources](#), which has links to the challenge badges, activity solutions, and more!

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 December Issue Resources page!

WANT EVEN MORE MAGAZINE CONTENT LIKE THIS?



Upgrade to our Magazine Plus subscription & receive a monthly 20+ page Plus Pack filled with activity sheets, writing prompts, and articles for parents that enhances each issue.



**SCAN FOR
MORE INFO!**

or go to
[TuttleTwins.com/
plusupgrade](https://TuttleTwins.com/plusupgrade)

Article Overviews and Dinner Table Conversations

We encourage you to read the *Tuttle Times* articles with your children, and we hope that the topics, big ideas, and dinner table conversation starters empower you and expand your children's knowledge and understanding of how the world works. Bon appétit!

Presents of Presence (Issue pages 3-7)

The twins are struggling to choose a gift for their parents, so they ask their Nana for ideas. After realizing they haven't spent much time with their parents recently, Nana helps them come up with the perfect gift—their presence. They plan a game night to spend quality time together.

The Tuttle family rediscovers the importance of being present with one another, realizing that amidst life's hustle, these moments are the true treasures.

Dinner Table Conversation Starters

- What is the hardest part between balancing a busy schedule and consistently spending quality time with your family?
- What are some of your favorite memories of spending time together as a family?



Plan To Be Present (Issue pages 8-10)

This article highlights the busyness of modern life, and how it's important to eliminate distractions and hit the pause button to focus on spending quality time together. It acknowledges the prevalence of technology, friends, and solo activities that often hinder genuine family connection.

It encourages children to create their own plan to spend quality time with you and other special people in their lives. We included room to make their plan on pages 17 and 18 of this issue.

Dinner Table Conversation Starters

- What are your biggest distractions, and what can you do to hit the pause button on them to spend quality time with your family?
- What would the perfect family night look like to you, and how can we make it happen?



2023 Monthly Snapshot (Issue pages 11-12)

Revisiting the significant events for the year can spark meaningful conversations about what's happening in the world. This not only fosters a sense of awareness but also allows parents to connect with their children, offering insights, answering questions, and sharing perspectives on current events.

It provides an opportunity to reflect on how the year unfolded and how each event affected your family, your community, or the world.

Dinner Table Conversation Starters

- What event affected your life the most this year? (It doesn't have to be one listed in the magazine... or even a "news" story.)
- What event do you think had the biggest impact on the world this year?



Latest Buzz: Accessible, Clean Water in Africa (Issue pages 13-14)

Mr. Beast raised money to build 100 wells to bring clean water to people in many countries in Africa—without government aid. It's an amazing accomplishment that brings a basic need to 500,000 people. While everyone should be celebrating, there has been some backlash. A nonprofit CEO seemed to be complaining that a YouTube creator was able to gain the attention and raise the funds to do this. And a Kenyan politician didn't like that the attention could make it look like Africa needed handouts.

The nonprofit CEO and politician should probably do some self-reflection on why their nonprofit and government has been unable to accomplish this. The nonprofit could look to partner with Mr. Beast to do this for even more people in Africa. And the politician... well, he needs to realize that children don't care about optics—they care about drinking clean water instead of suffering from typhoid.

Dinner Table Conversation Starters

- Seeing people make huge, positive impacts is inspiring. How can we make a positive impact in our community?
- Watch and discuss the video Mr. Beast posted about his journey building the wells: <https://beastphilanthropy.org/campaign/mrbeast-100-wells>



Prioritizing Family in a Busy World

Juggling work, household responsibilities, and parenting can feel like an endless marathon. Our plates are undoubtedly full.

Are we filling our time with activities that align with our priorities though? The answer requires careful examination of the choices we make on how we spend the 1,440 minutes of each day.

It's a common saying that actions speak louder than words. While responsibilities are unavoidable, what we do with our extra time reveals our true priorities, no matter what we say they are. While many say that family time is a priority, schedules don't always show that to be the case. The holidays are a great time to reflect on that and make changes, if needed.

Individual pursuits and personal enjoyment are important for a healthy and balanced life. However, when we let activities steal time from us daily that aren't necessary and bring us no joy or fulfillment, it's time to reassess our habits and schedules. Tracking our daily activities can be an eye-opening experience, revealing the hidden thieves of our time.

Consider your time spent on social media scrolling through feeds, playing online games, or binge-watching a TV series. While these activities may provide momentary entertainment or relaxation, they can also be insidious time thieves, robbing us of the moments that matter most. Setting screen time limits and scheduling family time can help reclaim those stolen minutes and redirect them to bring everyone more joy.

Another common time thief is the constant pursuit of perfection. Whether it's keeping an immaculate home or striving for career success, the quest for perfection can consume us, leaving little room for the spontaneous joys of family life. Embracing imperfections and letting go of unrealistic expectations can free up valuable time and create a more relaxed and enjoyable family environment.

Work-related demands are an undeniable part of life, but it's crucial to strike a balance. Endless overtime and all-consuming career ambitions can eat away at the time we have for our families. And our children are only young for so long. By setting clear boundaries between work and home life, we can ensure that our professional responsibilities don't encroach upon the moments we want to spend with our loved ones.

Tracking our daily activities may reveal patterns that need adjustment, but it's also an opportunity for self-discovery. By becoming more aware of how we spend our time, we empower ourselves to make intentional choices that align with our true priorities. It's not about sacrificing personal enjoyment or professional success; it's about finding the right balance. We should identify and eliminate unnecessary distractions, so we have time to spend on activities that truly matter, to strengthen relationships that bring us the most joy, and to create memories that will last a lifetime.

ACTIVITIES ADAPTED FOR LONG DISTANCES

Living far away from family and friends can be difficult. Being able to email, text, and video chat definitely makes it easier than in the past—having to send a letter through the mail or reach someone by phone when they were at home.

But it's still hard. We put together this list of activities that can be fun to do with loved ones who live far away.

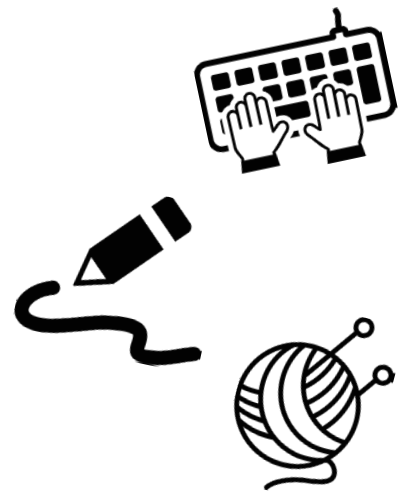
Creative Activities

1. Write a story together. Create a Google Doc that both people have access to. While on a call or video chat, work on the story together. You'll be able to see each other typing, which makes it even more fun!

2. Draw a picture together. While on a call or video chat, draw the same picture together. Share your picture along the way and find ways the pictures are alike and different.

Another idea: Whatchamadrawit is a game that gives you a silly drawing prompt, and you have two minutes to draw it. Then you share your drawing with all the other participants.

3. Make something together. If you both know how to craft, sew, crochet, knit, etc., work on individual projects together while on a call or video chat. When the projects are done, exchange them as gifts to one another.



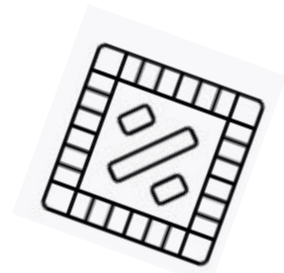
Games

1. Play a game together. Some games can be played easily over video chat together if you both have the game. While there are online versions, it's nice to have a video chat going and play with the real games, if possible. Try Yahtzee, Bingo, or Guess Who.

2. Play a board game together. It helps if you both have the game, so one person isn't just watching as you play it together on video chat.

Each person takes their turn and tells the other person what they did. You can move the other person's piece on your game board based on what they do on their turn.

Try LCR (3 people), Mastermind, Monopoly, Life, Sorry, or Trouble. Some game play might require slight tweaks, like in Monopoly, paying the other player means you put it in the bank, and the other player takes money from the bank.



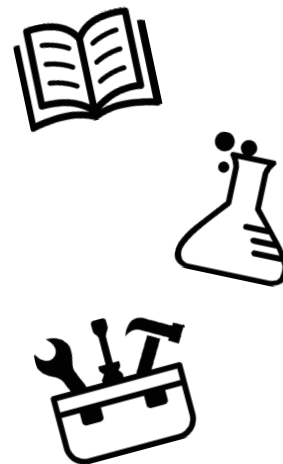
ACTIVITIES ADAPTED FOR LONG DISTANCES (cont.)

Educational Activities

1. Read together. There's something special about reading a classic or favorite book aloud with those we love. Depending on attention spans, the length of the book, and time availability, this can be done as a longer, special evening activity for a night or two.... or read a chapter a night.

2. Do a science experiment together. You can discuss your hypotheses, do the experiment, and then discuss what happened. You can both do the experiment, or one person can do it while the other person watches.

3. Learn a new skill. New skills can be taught via video chat. And it doesn't have to be the child learning the new skill. Children can teach loved ones something too!



Outdoor Activities

1. Sit outside together. It can be interesting to share your view from your porch, especially if one place is warm and sunny and the other place is cold and snowy. Watch birds or find animal shapes in the clouds.

2. Go on a walk together. You can talk and share stories while enjoying some exercise. Stop and share close-up views of nature in your community.

3. Watch the stars together. Finding the same constellation from many miles away can help people feel less far away.



We hope this list gave you a solution—or sparked more ideas—about how to spend quality time with those who live far away.

Almost any shared interest can be adapted to be done long distance if you think creatively or Google ideas. If it doesn't seem possible to do the activity together, perhaps it is possible to do one of the creative options of writing a story or drawing a picture related to the shared interest.

TUTTLE TIMES



A monthly magazine for kids



DECEMBER 2023 - ISSUE #27