

MARCH 2024 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



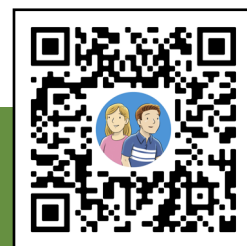
Be sure to check out our [March Issue Resources](#), which has links to the challenge badges, activity solutions, and more!

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 March Issue Resources page!

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Article Overviews and Dinner Table Conversations

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!

Ethan's New Motivation (Issue pages 3–7)

The twins are training for a 5K race. Emily is intrinsically motivated and improving, but Ethan isn't. Ethan admits it's because he thought it would be easy to win this year since the people that beat him last year moved up to the teen age group. Emily explains intrinsic motivation to Ethan (which she had learned from her mom). After that, Ethan has a different perspective and trains to improve himself and beat his time from last year. Ethan learns there is more to running a successful race than winning first place.



Dinner Table Conversation Starters

- What motivates you to try your best and improve your skills?
- Can you think of a time when you compared yourself to others or felt pressured to win? How did it affect your performance and mood?

Your Toughest Competition: YOURSELF

(Issue pages 8–10)

The article highlights the value of competition in testing one's skills and the importance of perseverance and self-improvement. It emphasizes that every great achievement involves struggle and mistakes, and failure should be seen as an opportunity for growth.

It encourages readers to keep practicing and striving to improve. Ultimately, it suggests that the most significant competitions are individuals striving to better themselves, emphasizing the importance of self-improvement over simply outperforming others.



Dinner Table Conversation Starters

- How do we balance competition with personal improvement?
- What are some ideas to overcome setbacks and failures to continue to improve?

A Game Plan for Healthy Competition

(Issue pages 11-12)

Competition can come in many forms. While winning is often the goal, it's essential to approach competitive situations with the right mindset. This article provides simple points to guide children in making the most out of any competitive scenario.

Dinner Table Conversation Starters

- Have you ever been involved in a competition with someone who didn't follow the rules?
- How do you balance being competitive with being a supportive teammate?



Latest Buzz: Tucker Carlson Interviews Putin

(Issue pages 13-14)

Tucker Carlson, an independent journalist, traveled to Moscow to interview Russian President Vladimir Putin, which surprised many.

Despite Putin's often negative portrayal, Carlson aimed to provide a balanced view by allowing Putin to share his perspectives. This act of journalism was criticized by mainstream media, labeling Carlson as a sympathizer or extremist. However, Carlson's independence allowed him to ask tough questions about the Russia/Ukraine conflict and American prisoners in Russia.

His approach represents a return to genuine journalism, contrasting with the biased narratives often found in mainstream media.

Dinner Table Conversation Starters

- Do you believe it's important for journalists to present all sides of a story, even when dealing with controversial figures like Putin?
- Do you think it's important for journalists to ask tough questions, even if it might upset some people?



Encouraging Personal Growth

While the world often emphasizes competition and comparison, parents have the opportunity to guide their children toward a healthier perspective on success. Instead of solely focusing on outperforming others, emphasizing intrinsic motivation can empower children to develop a lifelong love for learning and self-improvement. Let's take a look at practical ways parents can encourage personal growth over external validation.

Instill a Growth Mindset

Start by instilling a growth mindset in your children. Emphasize that abilities can be developed through dedication, hard work, and perseverance. Encourage them to view challenges as opportunities to learn and grow, rather than obstacles to overcome. When children understand that effort leads to improvement, they are more likely to embrace challenges with enthusiasm.

Set Personal Goals

Help your child identify personal goals that are tailored to their interests and abilities. These goals should be specific, measurable, achievable, relevant, and time-bound (SMART). Setting personal goals fosters a sense of purpose and direction, allowing children to focus on their individual progress rather than comparing themselves to others.

Celebrate Effort and Progress

Shift the emphasis from just external achievements to including the effort and progress your child makes. Celebrate their hard work, dedication, and the steps they take toward their goals. By acknowledging the journey rather than just the destination, children learn to appreciate the value of continuous improvement.

Encourage Self-Reflection

Help your children understand that success is a personal journey and that learning from both successes and setbacks is part of the process. By reflecting on their experiences, children can gain insight into their strengths and areas for improvement, fostering a sense of self-awareness. This also helps children with accountability. Maybe they didn't put in the time and effort needed to reach their goal. Or, perhaps, their goal was too lofty, and they just need more time and practice than they realized.

Provide Constructive Feedback

Offer constructive feedback that focuses on effort, improvement, and specific accomplishments. Instead of comparing your child to others, highlight their unique strengths and areas where they have made progress. Constructive feedback reinforces the idea that their worth is not determined by how they measure up to their peers but by their commitment to personal growth.

Encourage Passion and Curiosity

Help your child discover and pursue their passions. Encourage curiosity and exploration in various subjects and activities. When children are genuinely interested in what they are learning, they are more likely to be intrinsically motivated. Passion-driven learning promotes a sense of fulfillment and joy that extends beyond the desire for external recognition.

Fostering intrinsic motivation in our children is a gift that will serve them throughout their lives. By guiding them towards self-improvement and emphasizing personal growth over competition with others, we empower our children to become resilient, self-aware individuals who embrace challenges and relish the joy of learning. It is the foundation for a fulfilling and meaningful life.

TUTTLE TIMES

A monthly magazine for kids



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