

MAY 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 [May Issue Resources](#), which has links to the challenge badges, activity solutions, and more!

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 May 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 give an overview or explain our reasoning for including it in this month's issue along with dinner table conversation starters. Bon appétit!

Bring on the Boredom (Issue pages 3-7)

The twins are visiting their Nana for a long weekend. She has a breakfast meeting and overhears them saying they are bored as she heads out the door. She tells them it sounds exciting and to have fun.

Despite their initial confusion, they begin exploring Nana's house and yard. Ethan uses his imagination and immerses himself in a historical role-playing adventure. Emily discovers the beauty of nature while observing bees and butterflies. Then, they both make origami.

When Nana returns and hears about their fun, she explains the importance of boredom in sparking creativity and encourages them to let it guide them toward inspiration instead of turning to a screen. The twins learn the value of embracing boredom.



Dinner Table Conversation Starters

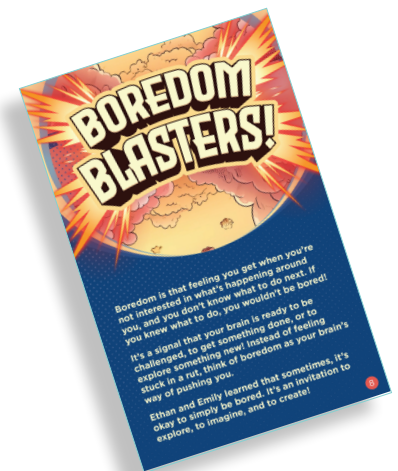
- If you were bored right now, what are some items in this room that you could observe and learn more about?
- What are some of your interests that you wish you had more time to explore and practice?

Boredom Blasters (Issue pages 8-10)

This article encourages children to embrace boredom as an opportunity. The article suggests various activities to make the most of boredom, such as observing nature, using their imagination, being creative, learning something new, and even tackling chores. It emphasizes that boredom can lead to exploration and new experiences, making it a valuable part of life.

Dinner Table Conversation Starters

- What are benefits to experiencing boredom?
- Which of the options in the article appeals to you most? (The options were to observe the world around you, use your imagination, be creative, learn something, and be productive.)



Screen-Brained Kids (Issue pages 11-12)

This article discusses the pervasive presence of screens and technology in our daily lives, highlighting how easy it is to turn to screens to cure our boredom. It explains how technology has benefited us in many ways, but with only 24 hours in a day, so much time spent on screens—6 to 8 hours per day—means less free time spent doing other things. There are examples of how humans have learned physical skills, social skills, and resilience in different ways throughout the ages.



Dinner Table Conversation Starters

- Do you think our reliance on screens for entertainment has affected our ability to connect with each other?
- How do you think excessive screen time impacts our physical and mental health?
- What are some strategies we can implement as a family to reduce our screen time and engage in more meaningful activities together?

Latest Buzz: FISA Reauthorization Bill (Issue pages 13-14)

In April, the US House passed a FISA Reauthorization bill with a vote of 273-147. It was sent to the Senate. This bill did not include a proposed amendment to require a warrant before being able to view an American's communications with foreign agents being spied on. The amendment vote was a tie of 212-212, so it did not get added to the bill. It was far from a party line vote.

Currently, this bill does not respect the Fourth Amendment and our right to privacy. Thankfully some Senators are pushing back on this bill.

Dinner Table Conversation Starters

- What do you think about American citizens' communications being collected and viewed without a warrant if they interact with someone outside the United States who is being spied on?
- How can we stand up for our privacy rights with these discussions about warrantless government surveillance on Americans?



Beyond Instant Answers: Learning in the Digital Era

Our children have unprecedented access to information at their fingertips. With a simple search on Google or a video on YouTube, they can learn practically anything. While this easy access to knowledge has its benefits, it also presents a unique challenge for parents: how do we ensure that our children develop essential skills like critical thinking, creativity, and problem solving in a world where answers are just an internet search away?

Before the internet, seeking knowledge often meant consulting books, encyclopedias, or asking for help from someone knowledgeable. If you were trying to do something, sometimes you had to just figure it out yourself. It required patience, perseverance, and lots of trial and error. In contrast, today's children have grown up in an environment where instant gratification is the norm. If they encounter a question or problem, their first instinct is often to turn to the internet for a quick solution.

By relying so much on Google searches or YouTube tutorials, children may miss out on the invaluable processes of exploration and problem solving. They risk becoming passive consumers of information rather than active participants in their own learning journey. As parents, we might need to create opportunities for our children to develop and practice these skills.

One way to encourage critical thinking is by limiting the use of instant answers and encouraging children to think for themselves first. Instead of immediately turning to Google, encourage your child to brainstorm possible solutions or approaches to a problem. Encourage them to ask questions, to experiment, and to learn through trial and error. By doing so, you're helping them develop resourcefulness, resilience, and a sense of empowerment in their ability to tackle challenges independently.

Another strategy is to provide opportunities for hands-on learning and exploration. Whether it's through creative play, scientific experiments, or artistic creations, engaging children in activities that require problem solving and creativity can help them develop critical thinking skills in a fun and interactive way. Encourage them to explore their interests, pursue their passions, and embrace failure as a natural part of the learning process.

While the internet can be a valuable tool for learning, it's important that children don't rely on it for all of their answers. By encouraging curiosity, creativity, and critical thinking, we can empower our children to become lifelong learners who are capable of navigating any challenge that comes their way.

EXTRA RESOURCES

If you found this topic interesting and want to learn more, here are some extra resources from the Tuttle Twins—podcast episodes, books, cartoon episodes—and third-party articles.

Podcasts

[If You Could Meet Any Historical Figure, Who Would It Be? - Episode 514](#)

[Why You Should Learn How To Cook - Episode 399](#)

[Why Is It Important To Clean Your Room? - Episode 396](#)

Tuttle Twins Books & eBooks

[The Tuttle Twins and the 12 Rules Boot Camp](#)

Other Videos and Links

[We Need Boredom to Live Better Lives. But Social Media Is Destroying It.](#) - BigThink.com

[The Benefits of Boredom](#) - ChildMind.org

[Boost Your Brain With Boredom](#) - Mayo Clinic

[Why Neuroscientists Say, "Boredom Is Good For Your Brain's Health"](#) - Forbes.com

TUTTLE TIMES



A monthly magazine for kids

