

PARENTING IN THE DIGITAL WORLD



What are the **TIMELESS** parenting principles and practices (What should **CONTINUE**?)

Table Discussions

CONTINUE

<p>Table #1</p>	<p>Communication</p> <ul style="list-style-type: none"> • Listen to our children • Talk to our children • Communicate expectations • Be kind to others <p>Teaching</p> <ul style="list-style-type: none"> • Empathy • Model good behaviors • Engage with children • Teaching values • Personal hygiene talks • Share stories from childhood • Respectful attitudes <p>Quality Time</p> <ul style="list-style-type: none"> • Having meals together • Play with your children • Have dinner together at table • Working together • Learn about tech with children • Make children responsible • The value of time and money 	<p>Love</p> <ul style="list-style-type: none"> • Being vulnerable • Hugs • Creating loving environment • Show love especially for your family <p>Future Hopes</p> <ul style="list-style-type: none"> • Not avoiding taboo topics • Foster independence <p>Rules & Boundaries</p> <ul style="list-style-type: none"> • Set clear boundaries • Ability to say "no" • Set limits • Setting rules and guidelines • Discipline • Think about when to have children to use tech • Allow them space and encourage children's interest <p>Trust</p> <ul style="list-style-type: none"> • Honest • Create bond of trust • Balance tech and face-to-face • Honest and trust • Build strong relationships
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<p>Table #2</p>	<ul style="list-style-type: none"> • Allow for judgment free conversation • Be a support system • Be connected to community • Do not demonize what you're not familiar with • Think before... everything • Share • Provide unconditional love • Chores • Play • Time limits • Tell stories • Listen 	<ul style="list-style-type: none"> • Empathy • Ask kids about their world • Be curious • Willingness to let kids fail • Making kids feel valued and heard in the family • Say 'thank you' • Be yourself • Be a role model • Mentor as opposed to saying what to do and when to do it • Cause & Effect • Passion • Consistency
<p>Table #3</p>	<ul style="list-style-type: none"> • Get out in nature and then talk about big stuff • Doing work together while teaching a lesson • Be their <u>parent</u> not their buddy • It's a process • Own your words-they matter • Open communication-two-way street • Unplug • Actions speak louder than words • Doing things together • Apologize when you're wrong • Discipline 	<ul style="list-style-type: none"> • Set boundaries • Positive role-model • Admit when you are wrong • Forgive • Strong relationships • Listen • Limits • Flexibility • Trust the Lord • Hiking • Learning • Sports • Talking • Activities • Give them time • Believe in them • Never give up
<p>Table #4</p>	<ul style="list-style-type: none"> • Communicate • Teaching & Listening • Build strong relationships with their kids • Involvement with children/family activities 	<ul style="list-style-type: none"> • Start freedom...increase with age • Help Kids develop healthy sense of self • Provision for needs • Unconditional love

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<p>Table #5</p>	<p>Attitude</p> <ul style="list-style-type: none"> • You'll make mistakes • Laugh--you're doing ok • Love • Patience <p>Accountability</p> <ul style="list-style-type: none"> • Setting expectations • Fair punishment • Opportunity to lead <p>Communication</p> <ul style="list-style-type: none"> • Listen and communicate • Open and consistent communication • Acknowledgement • Understanding 	<p>Time</p> <ul style="list-style-type: none"> • Spending time • "Behind barn" (private) chats • Space • Share • Eat dinner together • Play games • Engage • Family activities • Actively engage
<p>Table #6</p>	<ul style="list-style-type: none"> • Talk openly about concerns • Clear rules of expectations • Talking safe-zone • Ask questions • Teach kids side by side • Listening to kids • Building relationships takes engaged time 	<ul style="list-style-type: none"> • Show love and compassion • Reward the behavior you seek; don't reward inappropriate behavior • Don't use shame with kids • Reinforce positive behavior • Be kind/loving • Teaching our values • Good behavior should be modeled • Monitor/manage modeling

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<p>Table #7</p>	<ul style="list-style-type: none"> • Go outside • Everyone is fighting a battle you know nothing about • Ask questions • Plan for the worst, Hope for the best • Establish rituals • Kindness - Be kind • Listen and learn from kids • Hard-work ethic • Play and have fun • Share/teach values • Respect everyone • Ethics of reciprocity; the golden rule • Assume the best • Love them and their parents • Showing love daily • Protect and provide shelter, food & clothing • Become self-reliant • Providence • Be your own best problem-solver • Look for creative solutions 	<ul style="list-style-type: none"> • Courage even if you're the only one • Be an "up-stander" • Don't burn bridges • Make smart choices • Don't outsmart your common sense • Don't be afraid to say "no" but say "yes" more • Be true to yourself • Continue to Learn • Create opportunities to learn • Begin and end with gratitude • Allow failure • Affirm + challenge • Safety rules and boundaries • Set expectations • Establish and model norms • Go to bed early and rise early • Make a plan for the day and stick to it • Be honest • Avoid procrastination • Teach that everyone has a story • Do the right thing
<p>Table #9</p>	<ul style="list-style-type: none"> • Love • Quality Time • Acceptance • Tolerance • Setting Boundaries • Understanding • Being a Good Role Model • Empathy • The Golden Rule • Trust • Service • Common Experiences • Sharing Values • Compromise 	<ul style="list-style-type: none"> • Making the Good Decisions Count • Allowing for mistakes • Words of affirmation Considering them for rule making • Independence • Step back and have emotional reparation • Physical touch • Forgiveness • Open conversation • Communication • Using everyday conversations to make a difference • Listening

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<p>Table #10</p>	<p>Clear Standards & Expectations</p> <p>Caring, Love & Compassion</p> <p>Valued Contributions</p> <p>Lead by Example</p> <p>Identity</p> <p>Character</p> <p>Actions Speak Louder than Words</p>	<p>Bonding</p> <p>Discipline</p> <p>Sacrifice</p> <p>Listening & Understanding</p> <p>Work Opportunities</p> <p>Having Rules</p>
<p>Table #11</p>	<p>Growth Experiences</p> <ul style="list-style-type: none"> • Responsibility at early ages • Working together • Expect mistakes and learn together from them • Let children lead • Realize you aren't perfect • Be compassionate to children and to self • Being understanding of anything • Serving and teaching <p>Expectations</p> <ul style="list-style-type: none"> • Teach values and expectations • Teaching the "why" behind the "what" • Establish boundaries • Focus/teach on principles + values • Rules with good and bad consequences • Unified and harmonized parental approach <p>Love</p> <ul style="list-style-type: none"> • Love • Love & caring 	<p>Bonding</p> <ul style="list-style-type: none"> • Free time to have fun • Be intentional and deliberate in teaching/creating memories • Engage in new tech • Give positive attention • Face Time <p>Relationships</p> <ul style="list-style-type: none"> • Listen • Having Patience • Be available & approachable • Be open to new ideas and change • Stop making decisions solely based on assumptions • Strengthen relationships • Stop avoiding discussion or tech/social media <p>Example</p> <ul style="list-style-type: none"> • Setting a positive example • Model good behavior

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<p>Table #12</p>	<p>Listening</p> <ul style="list-style-type: none"> • Listen • Active listening • Listening to solve <p>Kindness & Love</p> <ul style="list-style-type: none"> • Love - give and receive • Unconditional love • Kindness & compassion • Emotions • Don't ignore & then over-react • Forgiveness • Apologize • Patience <p>Family Culture</p> <ul style="list-style-type: none"> • Mutual support • Sense of belonging • Pride and family culture • Traditions <p>Independence & Capabilities</p> <ul style="list-style-type: none"> • Healthy boundaries • Fostering independence 	<p>Rules Expectations & Discipline</p> <ul style="list-style-type: none"> • Consistency • Natural consequences • Clear rules and expectations • Being authoritative over authoritarian or passive <p>Physical Touch</p> <ul style="list-style-type: none"> • Physical interactions <p>Communication</p> <ul style="list-style-type: none"> • Specific praise and criticism • Dialogue and child's response <p>Trust</p> <ul style="list-style-type: none"> • Trust • A safe place to speak and be you <p>Modeling Example</p> <ul style="list-style-type: none"> • Practice what you preach • Set examples • Modeling respect • Walk the walk <p>Time Fun & Play</p> <ul style="list-style-type: none"> • Providing opportunity for play • Quality time • Fun • Focus on being present • Positive family time • Being invested • Valuing and providing time over things
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<p>Table #13</p>	<p>Show by Example</p> <ul style="list-style-type: none"> • Model what I do • Be the right example you wish to set <p>Share Expectations</p> <ul style="list-style-type: none"> • Teach importance of work • Life management skills • Do hard things first • Teach responsibility • Everyone contributes • Report back <p>Be together</p> <ul style="list-style-type: none"> • Welcome friends • Family dinner • Group activities • Family activities • Family supports each other • Care/kindness towards siblings • Be at each other's' cross-roads • Together time 	<p>Love</p> <ul style="list-style-type: none"> • Love • Golden Rule <p>Inspire</p> <ul style="list-style-type: none"> • Appreciate and recognize their accomplishments • The sky is the limit <p>Connect/Talk/Listen</p> <ul style="list-style-type: none"> • Open accepting communication • Build connection • Safe environment to answer kids questions • Non-judgmental responses • Model and practice compassionate communication • Listening • Allow all to have their say • Listen and ask questions <p>Lead</p> <ul style="list-style-type: none"> • Teach how to problem solve • Safety-Protect • Teach how to be safe and happy • Clear expectations and consequences
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*What things need to be **DIFFERENT** with parenting in the Digital World?
(What should we **START/STOP?**)*

Large Group Discussion

START

- Thinking more of where our kids are coming from & ask more questions
- Practice what we preach
- Using behavior formula (Behavior=Motivation + Ability + Trigger) to create positive habits
- Give more hugs
- Ask our kids to “show/teach me” about their technology
- Share more words of affirmation
- Use technology for more positivity
- More meaningful connections with & alongside your kids
- More **meaningful** time with our kids & family
- Be open to share online activities with kids
- Trust your kids
- Spend more time with your kids, family nights
- Let your kids lead
- Listen better both ways, parents to kids & kids to parents
- Talk to your kids like people, not down to them
- Help kids create their own high expectations for life
- Kids are great imitators, so give them something great to imitate

STOP

- Demonizing what we’re unfamiliar within our children’s world
- Coming down so hard on your kids’ technology use
- Stop proving perfection, allow mistakes to happen
- Stop assuming all children’s tech use is the same
- Stop being so controlling, allow for more chances for growth
- Stop talking all the time and start listening more