

NEWSLETTER

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parenting with KNOWLEDGE

JANUARY
2023

The continual push to grow includes building new knowledge. As parents, we have an opportunity to model knowledge for our kids in two ways:

1. To learn a new skill with or around them and
2. To learn something new from them.

Learning a new skill with your child could take many forms. It might be that you need to change a headlight bulb in your car, and you watch a YouTube video together to figure out how to do it on your own. It could be that you want to bake a new dessert, and you try it out together. Learning something from your child, however, is where the magic happens. Can they explain to you their favorite app, or video game, or something they learned at school? Can you learn a trick on a skateboard, or try to shoot a basketball, or share a few sentences together in a language they are learning? Often, our ability to learn and change isn't visible to our kids. Giving your child the power to be the teacher and allowing yourself the vulnerability to be the learner will build trust and empathy between you both.

Questions for parents to consider:

- How am I learning new knowledge and how am I promoting this with my teen?
- How is their device helping or hurting their growth of new knowledge?
- What can I do to better prompt learning?

Questions to ask your child:

- What is something new you want to learn about?
- What is the best thing you have learned this year?
- What would you like to learn how to do together or with a friend?

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KNOWLEDGE:

Learning something new so you can be better at whatever you do

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Week One:

It can be helpful to keep an open mind about how your way isn't the ONLY way to know or do things — there are different ways of looking at things and learning, different ways of accomplishing the same goal. This week, we'll spend some time realizing that your knowledge is directly related to your limited number of experiences and is continually going to be influenced by new knowledge from your own experience or another person's experiences — like a family member, teacher, or classmate.

ANTI-BULLYING FOCUS

Week Two:

Even if it doesn't seem like you will ever use it, you can still be better through the skill of learning new things. No matter your age, it can always be hard to learn new things. It's easy to feel stupid or wrong as we grow and develop, but this week we will focus on learning something new as exercise for your brain.

COLLEGE & CAREER READINESS

Week Three:

We've all been there: so tied to our current thinking that when we get new knowledge we aren't sure how to feel. Does changing your mind make you weak? Is your current knowledge wrong? Have you been stupid all along? Let's debunk some knowledge myths as we look at gaining new information all the time.

Week Four:

If we're going to collect new information, the next step is knowing how to do that. So how do we gain knowledge? What are the best outlets to do that: friends, parents, media, books, social media, or other ways? And how do you spot click-bait, fake posts, spam emails — what are good resources?