

KIDS THESE DAYS

PARENT RESOURCE GUIDE

PODCASTS

Raising Boys and Girls

BOOKS

CLICK ON EACH TITLE FOR A LINK TO PURCHASE.

Raising Emotionally Strong Boys

Raising Worry Free Girls

**The Worry-Free Parent: Living in Confidence So Your
Kids Can Too**

**Habits of the Household: Practicing the Story of God
in Everyday Family Rhythms**

**The Tech-Wise Family: Everyday Steps for Putting
Technology in Its Proper Place**

**Love Her Well: 10 Ways to Find Joy and Connection
with Your Teenage Daughter**

Doing Life with Your Adult Children

Good Pictures Bad Pictures Jr.: A Simple Plan to Protect Young Minds
for ages 4-7

**Good Pictures Bad Pictures: Porn-Proofing Today's
Young Kids** *for ages 6-11*

**Mama Bear Apologetics Guide to Sexuality and
Gender Identity**

**Feeding the Mouth That Bites You: Parenting
Teenagers into Adulthood**

Parenting: Getting It Right



WEEKLY DINNER TALKS

Every generation says it: "kids these days." But the truth is, our kids are growing up in a world we never had to navigate ourselves, carrying pressures we never faced at their age. Over the next three weeks, we're taking a closer look at what it really means to parent well in this moment – through being present, technology, and kids not being so different. Each week, you can find questions below, broken out by age group, so you can keep the conversation going at home. You don't need the perfect answer, you just need to show up and ask.

BE PRESENT

This week we talked about how kids are carrying more than we realize and how presence, not perfection, is what they need most from us. Use these questions to slow down and be present with your family this week.

LITTLES (PRESCHOOL-EARLY ELEMENTARY)

- What was the best part of your day today?
- What's something that made you feel happy, sad, or scared this week?
- If you could pick one thing for our family to do together this weekend, what would it be?

ELEMENTARY

- What's one thing you wish I noticed about you more?
- When do you feel like I'm really listening to you and when do you feel like I'm distracted?
- What's a memory of us together that you really love?

MIDDLE SCHOOL + HIGH SCHOOL

- Do you feel like you have my full attention when we talk, or does it feel rushed? Be honest.
- What's something going on in your life right now that you wish I asked about more?
- If you could change one thing about how our family spends time together, what would it be?

TECHNOLOGY

Our kids are growing up in a digital world we never had to navigate ourselves. This week's questions are meant to open up honest conversation about screens, connection, and what's really going on online.

LITTLES (PRESCHOOL-EARLY ELEMENTARY)

- What's your favorite show or game right now, and what do you like about it?
- How do you feel after you watch a screen for a while — happy, tired, grumpy?
- What's a fun thing we could do together instead of screens today?

ELEMENTARY

- What app or game do your friends talk about the most? What do you think about it?
- Has anything you've seen online ever made you feel confused, scared, or sad?
- If you saw a friend being mean to someone online, what would you do?

MIDDLE SCHOOL + HIGH SCHOOL

- Do you think social media makes you feel more connected to people, or more alone? Why?
- Has anything you've seen online this week made you compare yourself to someone else?
- If you could ask me anything about technology or social media without me freaking out, what would it be?

KIDS ARE NOT THAT DIFFERENT

Some things about growing up have never changed — kids still need to know who God is, and they learn more from what we love than what we lecture. These questions are a chance to talk about faith in the middle of ordinary life.

LITTLES (PRESCHOOL-EARLY ELEMENTARY)

- What's one thing you know about God?
- Who is someone who shows you what it looks like to love God?
- What's your favorite Bible story, and why?

ELEMENTARY

- What's something you've learned about God recently — at church, home, or on your own?
- Who do you think about when you have a hard question about life or faith?
- What's one way you see our family showing love for God in everyday life?

MIDDLE SCHOOL + HIGH SCHOOL

- Do you feel like faith is something we talk about at home, or just something we do on Sundays?
- What's a hard question about God or faith you've been wondering about lately?
- Who or what do you think has the biggest influence on what you believe right now?



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