

Parenting in a Digital World

PART 1: COMPETING WITH BIG TECH

CONNECT

Take a few minutes to discuss this question in your group:

What's one tension you feel as you navigate technology in your home?

LEARN

Before watching the video together and discussing the questions below, we suggest taking a few moments to pray. Here's a simple prayer you can use:

Heavenly Father, thank you for the gift of our children. Give us wisdom, patience, and courage as we seek to lead them well. Amen.

After praying, watch the video for Part 1.

APPLY

PART ONE

After watching the first half of the video, discuss the following questions as a group:

1. Respond to this statement: "The goal isn't to out-tech Big Tech but to out-parent Big Tech." How does that perspective impact the way you think about parenting in a digital world?
2. Attunement is the practice of presence and connection. What does connection look like for each of your children? What's one distraction you may need to remove to be more present?
3. Review the Attachment/Detachment Continuum below:
Appreciation > Acceptance > Toleration > Rejection > Devaluation
Looking back, which word describes your experience growing up? As a parent, how can you intentionally communicate appreciation to your kids?

PART TWO

After watching the second half of the video, discuss the following questions:

4. Healthy relationships aren't built by avoiding conflict but by repairing it well. In your family growing up, were conflicts typically repaired or simply ignored? What effect did that have on you?

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5. Why is it sometimes so difficult to apologize first to our children? Think about a recent conflict you had with one of your children. What could healthy repair have looked like?

A Three-Step Process for Healthy Repair:

1. Create space for both parties to identify and express hurt feelings, starting with your child.
2. Provide an opportunity for both parties to own their part, starting with you.
3. Explore together how conflict occurred and how to avoid it in the future.

6. Gentry's story reminds us that children often don't appreciate our decisions until years later. What parenting decision are you making today that you hope your child will one day appreciate? Is there a boundary you need to establish?

MOVING FORWARD

This week, look for an opportunity to tell your child/children something you appreciate about who they are, not just what they've accomplished.

PRAY

We suggest ending your group with prayer. Here's a sample prayer you can use:

Heavenly Father, thank you for the incredible influence we have in the lives of our children. Give us wisdom to know what to do with what we've learned and the courage to do it. Amen.