



Parents PODCAST



MAIN IDEAS

- We have the opportunity to set the stage for our kids' use of technology.
- We can change the conversation surrounding video games by thinking about it from a brain standpoint.
- Video games provide a unique way to connect with our kids over what they are passionate about, and contribute to their development by bringing what they are doing virtually into the real world.
- Clarity is kindness. Have clear expectations for your kids around gaming and give them the chance to self-regulate before stepping in. This helps them grow!



THREE TIPS

- 1. Ride**
We can treat technology like learning to drive a car. During the ride phase, kids have the opportunity to make observations about the way we use technology and also about the real world, communication, and human interactions in general.
- 2. Practice**
In this phase, kids are given incremental privileges and responsibilities. As parents, we are right there with them guiding and asking questions, so that we can better understand what our kids' brains can handle in this stage of their development.
- 3. Drive**
When we reach the drive phase, relationship and trust has been built. Now, you don't have to be right there all the time, but your kids will know they can come to you for help when they need it.



DISCUSSION QUESTIONS

- What might it look like for your family to rethink your relationship with technology? Is there a way you can incrementally increase privileges and responsibilities?
- In what ways has fear governed the conversation around video games in your house? In what ways have you led with curiosity?
- What's one way you can build empathy with your children this week? What's one way you can connect with them over something they are passionate about, whether that's gaming or not?



ACTION STEPS & RESOURCES

- 1. Don't do this alone.** We are meant to be in community. Start or join a LifeGroup today, because we need one another to raise digital natives! Check out existing LifeGroups at go2.lc/lifegroups
- 2. Invite a few friends to go through the Bible Plan, Showing Empathy on YouVersion.** The first step to helping our kids regulate themselves is to empathize with them right where they are.
- 3. Discover all the amazing resources available for your family and LifeGroup** at westartnow.org
- 4. Consider using the Video Game Decision Tree** to help create clarity around gaming at home!