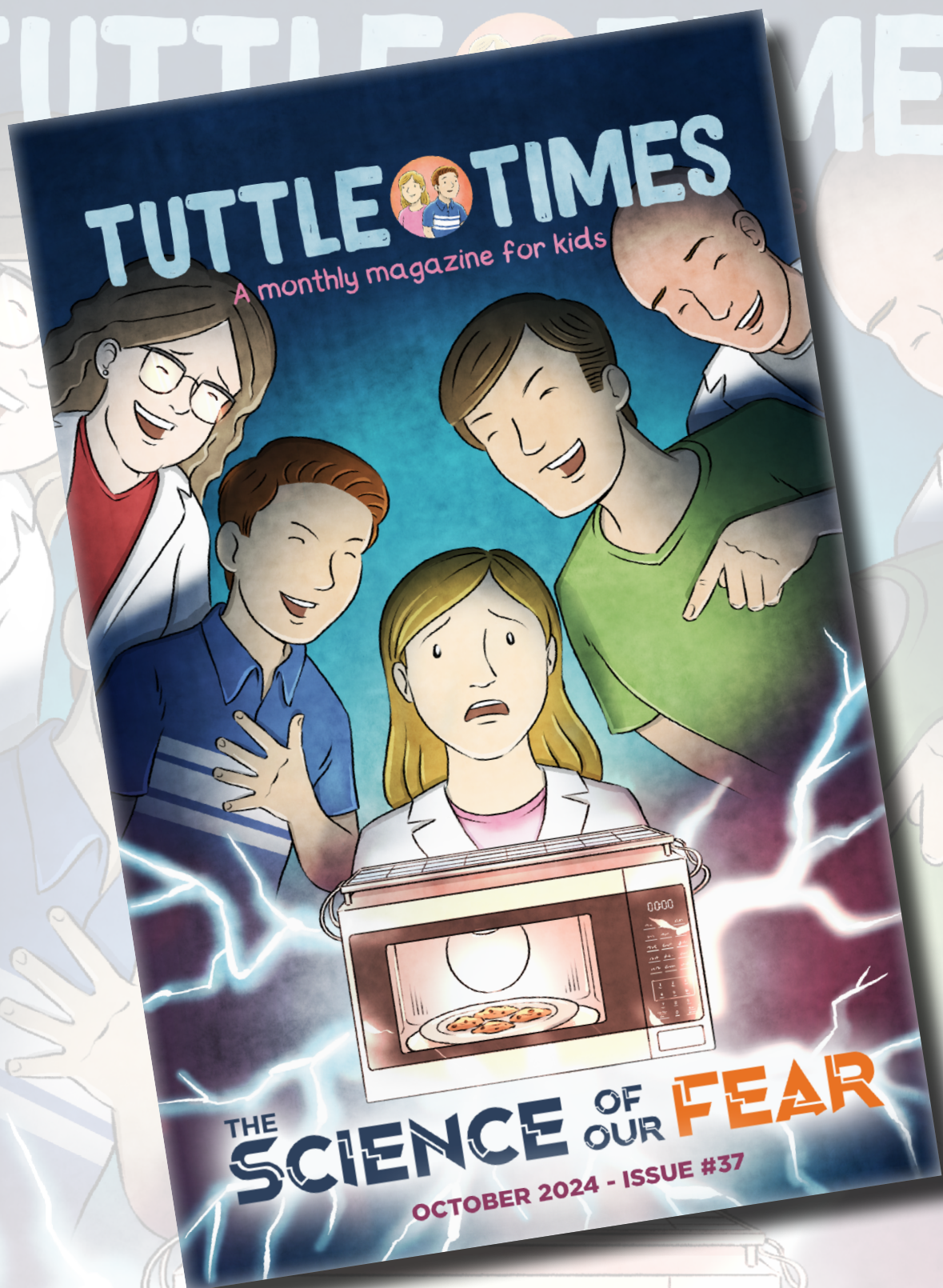


# OCTOBER 2024 PARENT GUIDE



**ARTICLE SUMMARIES &  
FAMILY DINNER CONVERSATION STARTERS**

# LETTER TO PARENTS

Dear Parents,

We want our *Tuttle Times* Parent Guide to be a valuable resource for you. Parents play a crucial role in shaping their children's minds and helping them understand the big ideas that lay the foundation for a bright future. We want to empower you to confidently guide your children in learning these principles.

Our mission is to equip you with knowledge and resources to make learning engaging and meaningful for your children. By encouraging curiosity, critical thinking, and a love for learning, your children can apply their knowledge in real-life situations and nurture their problem-solving skills and creativity.

We have included dinner table conversation starters in this Parent Guide. We firmly believe that changing the world begins at the dinner table. We hope these conversation starters will spark meaningful discussions and provide opportunities for bonding as a family.

—The Tuttle Twins team



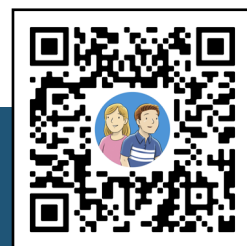
Be sure to check out our [October Issue Resources](#), which has links to the challenge badges, activity solutions, and more!

We would love for you (and your child!) to share your thoughts on this month's issue with us. Find the survey links on the Issue Resources page!

## WANT EVEN MORE MAGAZINE CONTENT LIKE THIS?



Upgrade to our Magazine Plus subscription to receive a monthly 20+ page Plus Pack filled with activity sheets, writing prompts, and articles for parents that enhances each issue.



**SCAN FOR  
MORE INFO!**

or go to  
[TuttleTwins.com/  
plusupgrade](https://TuttleTwins.com/plusupgrade)



## Article Overviews and Dinner Table Conversations

We encourage you to read the *Tuttle Times* articles with your children, and we hope that the topics and big ideas bring about conversations that expand their knowledge and understanding of how the world works.

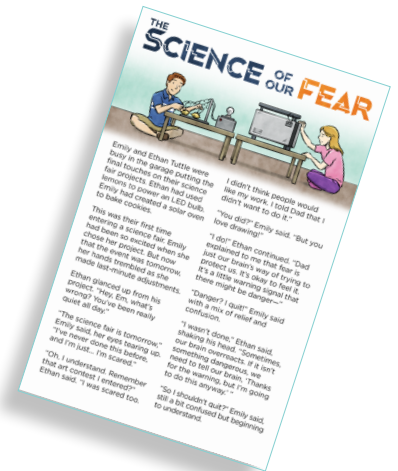
For each article, we give an overview or explain our reasoning for including it in this month's issue along with dinner table conversation starters. Bon appétit!

### The Science Of Our Fear (Issue pages 3-7)

Emily and Ethan are preparing for their first science fair. Emily has built a solar oven to bake cookies but is scared to present her project, fearing failure and judgment from others.

Ethan shares his own experience with fear when he entered an art contest. He explains that their dad told him that we shouldn't let fear stop us from doing something if it isn't dangerous. Our brain might warn us, but we need to do it anyway.

Their dad also reassures Emily, explaining that science is about learning from mistakes, not perfection. Although Emily's project doesn't fully succeed, she gains confidence and learns that fear is natural, but it shouldn't stop her from trying new things.



#### Dinner Table Conversation Starters

- What's one thing you were scared to try but decided to do it anyway?
- Why is it important to keep trying even if you're afraid of failing?

### Am I In Danger? (Issue pages 8-10)

Fear is a healthy, natural response that helps keep us safe from real danger. It acts as an internal warning system. Sometimes, the brain sends fear signals when there is no real danger, like being afraid of trying out for a team or tasting a new food.

Fear of new things or of failure can prevent kids from being adventurous, but it's important to remind them of the good that can happen. We provide tips of how to overcome fear and try new things.

#### Dinner Table Conversation Starters

- What's something you've been wanting to try but your "fear alarm" has kept you from doing it?
- What do you think is the best way to deal with feeling fear when it's not something dangerous?



## FOMO: Fear of Missing Out (Issue pages 11-12)

This article helps children understand FOMO, which is the feeling of missing out on something fun or exciting happening without them. It explains how FOMO can influence decision-making, sometimes pushing kids to say "yes" to activities they may not actually want to do.

Children may experience envy when they see others enjoying certain things, but it's important to encourage gratitude for their own opportunities and situation.

### Dinner Table Conversation Starters

- Have you ever felt like you were the only one who wasn't going to experience something fun?
- Have you ever done something just because you didn't want to miss out on what everyone else was doing?



## Latest Buzz: SpaceX: 2026 Mars Mission (Issue pages 13-14)

SpaceX has already achieved major milestones, such as launching rockets into orbit and sending astronauts to the International Space Station. The company's biggest innovation is creating reusable rockets, like the Starship, which makes space missions more affordable by allowing rockets to return to Earth and be flown again.

SpaceX has plans for interplanetary travel, including its unmanned mission to Mars in 2026.

### Dinner Table Conversation Starters

- What are your thoughts on Elon Musk's huge goals to go to Mars and create a self-sustaining city there?
- How do you think SpaceX technology of creating a reusable rocket will affect space travel in the future?





## Helping Children Overcome Fear

One of the most important lessons we can teach our children is how to overcome fear. Fear is a natural emotion, especially when facing something unfamiliar or challenging.

Fear can also hold our children back from trying new activities, developing talents, or even finding joy in something they never expected. However, we can help our children move past fear.

It's important for them to understand that everyone feels afraid sometimes, even adults. It can help to share your own experiences of feeling afraid but pushing through to try something new. Examples could be a career change, a hobby, or building relationships.

Frame new experiences as exciting adventures. Encourage your child to be curious about the world around them. If they're nervous about joining a new group, learning a skill, or trying a new activity ask them, "What might you learn? What if this becomes something you really love?" You can help your child shift their mindset from fear to excitement.

Sometimes it's hard to jump in feet first when you're scared. Small steps are a good way to make progress and face fears. If your child is afraid of trying a new sport, suggest they start by watching a practice or by talking to a friend who plays that sport. They can slowly become more comfortable with the idea. If it's possible, try it at home first instead of in a group setting.

While it can be great to set big goals, it is best to do it with a growth mindset. If an 11-year-old child has never played basketball, they probably shouldn't have a goal to be the best player on their team the first season they play. Understanding that some kids have been playing basketball since they were four years old will help them go into the new adventure with a realistic view of how the season might progress. They should be ready to try their best, learn a lot, and improve their skills.

Our role isn't to eliminate our children's fear—that is up to them. We can teach them how to manage and overcome fear though. By guiding them with understanding and encouragement, they have the opportunity to discover their passion, develop new skills, and achieve goals they thought were impossible.

Helping our children learn to face their fears will set them up for a life full of opportunity!

# EXTRA RESOURCES

## Podcasts

Why Is It Important To Face Your Fears? - Episode 210

How Can You Turn An Idea Into A Reality? - Episode 477

Why Is It Good To Seek Challenges? - Episode 346

Why You Should Enjoy the Journey, Not the Destination? - Episode 345

Why Is It Good To Have a Dream? - Episode 341

What Have We Learned From Our Failures? - Episode 333

## Tuttle Twins Books & eBooks

*The Tuttle Twins and Their Spectacular Show Business*

*The Tuttle Twins and the Fate of the Future*

*The Tuttle Twins and the Leviathan Crisis*

# TUTTLE TIMES



THE  
**SCIENCE** OF  
OUR **FEAR**