THANK YOU PARENTS

Ideas to inspire parents from Teach Music 21C.
We're immensely grateful for what you do.

WHO GETS OUR ATTENTION?

Imagine this -- Your child is telling you about something that happened at school. You're listening. Or at least you think you are. Then your phone lights up. You glance down. Just for a moment.

Your child keeps talking. You nod. You say, "Uh-huh." But your attention has moved.

Children notice. They may not say anything. They may simply learn, over time, that something on the screen can interrupt the connection between the two of you.

Our phones have become remarkably good at asking for our attention. Our children need it, too. Being present is one of the simplest ways we tell a child, "You matter to me."

This doesn't mean putting your phone away every minute of every day. It means noticing the moments when your child is reaching out—and making the choice to be there.

TWO SMALL THINGS TO TRY

1. Look up. The next time your child begins telling you something, put the phone down and look at them. You might be surprised how much more they have to say.

2. Create phone-free moments. Choose small parts of your day—a meal, the drive home, bedtime, or the first few minutes after school—and make it screen-free for everyone. A few uninterrupted minutes can create more connection than we realize.

A THOUGHT TO CARRY WITH YOU

Sometimes the little things we do every day
become the things our children remember most.

Teach Music 21C