

Wellness & Safety



Sources of Knowledge

Read the following scenario and questions to the parent:

You are sitting at the couch eating a delicious snack, and it slips out of your hand and falls on the floor.

What do you do next?

Why did you make that decision? What information did you use to make that decision, and where did you learn that information?

Even simple, everyday decisions like choosing to eat or throw away a snack after it falls on the floor are rooted in our knowledge, experiences, personality and culture. The decisions we make about parenting are the same.

Parenting is part natural and part learned. Some knowledge we learn through our families and some we learn along our own parenting journey. You have probably been given a lot of parenting advice, or have been told “old wives’ tales” about how raising a child. Some of these “life lessons” have some value, but the key is decipher the truth from the tale, before applying it to your child or to yourself. Consider these questions:

What kind of advice about parenting have you received?

What advice have you used, and what advice do you ignore?

How do you choose to use advice or ignore advice?

When we take a moment to consider the source of the information we use to make our parenting decisions, we can better understand how we make choices. We can also choose to find other sources of information better inform our parenting decisions.

The Internet

We’re lucky to have the internet as a resource for parenting, but the volume of information can be overwhelming! Search the word “parenting” and you get 76,600,000 websites, all saying very different things. Where can we find the information we need? How do you know that the information is trustworthy? In the list below, you will find some helpful resources that can come in handy:

- * firstthingsfirst.org
- * zerotothree.org
- * cdc.gov/parents

The good life is one inspired by love and guided by knowledge.

— Bertrand Russell