



HONOUR  
ACADEMY

*Grow in grace.  
Live your faith.  
Become more like Jesus.*

# THE CHALLENGES OF PARENTING

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WEEK 1: FEBRUARY 2

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REV. DR. RICHARD KANNWISCHER  
& JOEY ODOM

## WE EMBRACE THE WONDER OF TECHNOLOGY IN OUR FAMILY BY:

Maintaining daily, weekly, and monthly rhythms  
for accountability.

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Creating sacred, tech-free times and spaces.  
Setting intentional phone-free periods to stay present.

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Prioritizing face-to-face connections.

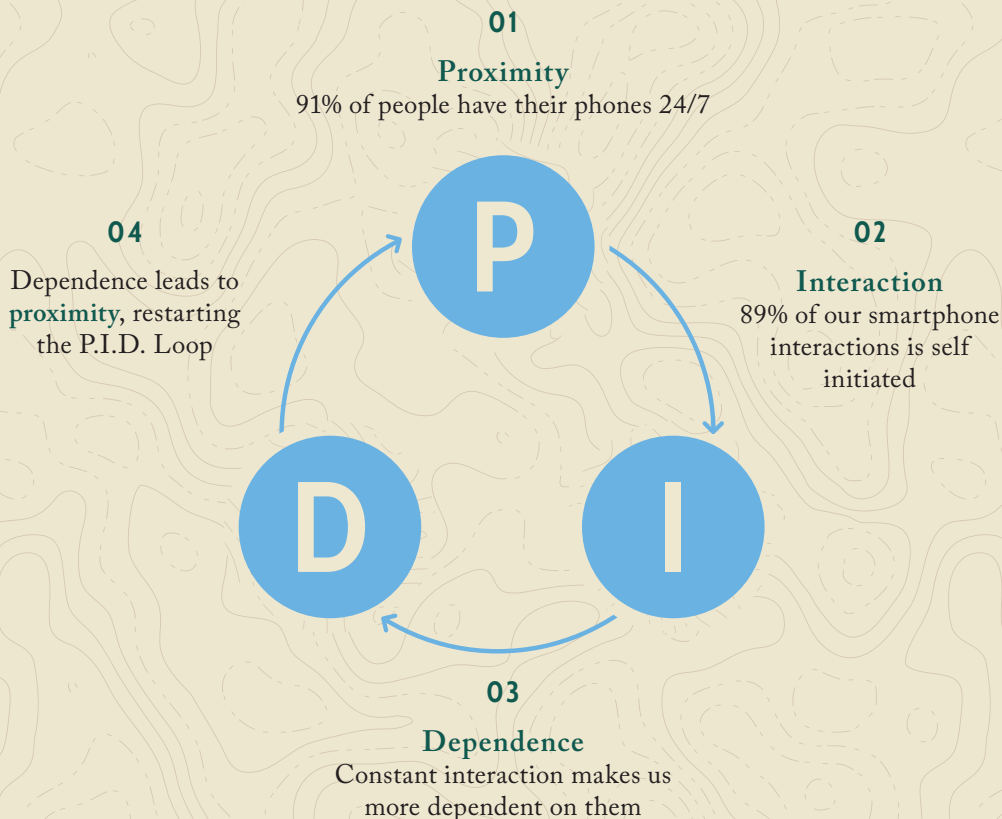
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Encouraging growth without shame,  
continually striving to get it right.

# RECLAIM: A HOPEFUL VIEW ON TECHNOLOGY

JOEY ODOM | CO-FOUNDER OF ARO

## KEY CONCEPTS THE P.I.D. LOOP



**By disrupting proximity, you can break the P.I.D. Loop.**

## THE 3 M'S OF PARENTING WITH SMARTPHONES

**Model:** We model a poor relationship with our phone.

**Mimic:** Our kids mimic that poor relationship with their phone.

**Mad:** We get mad at them for mimicking the behavior we have modeled.

**Key Takeaway:** The number one predictor of your child's phone use is your phone use—model that behavior you want them to mimic.