

Epicurean Parenting

Post by “Don” of September 30, 2023 at 9:34 PM

I'll start (although my kids are older (32 & 22) so my mistakes are baked in)...

We didn't raise them in a church although we attended a Unitarian Universalist church for a little while.

We went to museums to instill a fascination with science and the natural world.

We went on hikes in the woods and collected fossils when the opportunity arose.

We had family dinners every night and asked (and still ask) "What was your most exciting thing today?"

They've grown up to be decent human beings with empathy and be able to take joy in life.

I think we did okay.

PS. That all may not sound "Epicurean" and, yes, I didn't discover Epicurus until well after our children were raised. Does that mean I had an "Epicurean" approach, unbeknownst to me? What does it mean to parent one's children "Epicureanly"? That's what I hope we explore in this thread.