



1. BE A ROLE MODEL

Parents, you need to let your kids see that tech is under your control instead of being under its spell. As the saying goes, “More is caught than taught.”

2. WATCH YOUR MEDIA DIET

We live in an all-you-can-eat media buffet culture and we are piling more and more on our plates. Time to count your media calories and cut back.

4. PHONE-FREE ZONES

Establish times and places to keep phones on silent and out of everyone’s convenient reach. A good example would be at dinner time when you are around the table together. What? You’re not having dinner around a table on a regular basis? This is one of most stabilizing habits of a family. Make this a priority!

3. YOUR DEVICES NEED AN EARLY BEDTIME

Your whole family needs more sleep. The CDC says lack of sleep has become a public health epidemic. It affects your physical, mental, and emotional wellbeing. Screens are hurting not helping. Put your devices to bed at least one hour before bedtime. This minimizes disruptive blue light, hyper stimulation, and keeps late night screen time from cutting into reasonable bedtimes.

5. PRIORITIZE PRESENCE It’s not just kids who are distracted with smartphones. Make it a habit to prioritize the people in the room with you and show them that they are more important than your digital connections

BONUS: TRADE EXCESS SCREEN TIME FOR SOMETHING BETTER

Replace screen time with meaningful family activities; board games, outdoor sports, engaging hobbies, cooking together, crafts, gardening, and more. Make a list of things you have been neglecting because you’ve been in the bad habit of defaulting to screens. It will likely cost you more time, money, and energy, but consider it an investment that will pay off in the long run.

