

Decide when and how to use devices



1. For starters, think about your tech usage.

Understanding your habits is the first step to making changes that can model positive behaviors. Be honest with yourself, but also share with your kids. They'll appreciate that you are reflecting on your behaviors too and can talk openly about it with them.

2. Does technology ever prevent you from being present?

To begin, talk about how devices can sometimes cause people to miss out on things that matter to them. Touch on times when you weren't fully "there" for a particular moment because you were on your phone, and ask your kids if they've observed others (like friends or family) not being fully present with the people around them.

Have your kids also experienced a time when they were distracted from an important moment because of technology? How did they feel about it afterward? Were they on a particular app or game when it happened, and have they noticed a pattern in their own activity?

Help your family have more thoughtful conversations about technology and identify moments to disconnect and prioritize quality time together. Start the conversation to build healthy digital habits with your technology with this helpful discussion guide.

3. Find times and places to focus.

What are the times and places your family feels it's important to be focused? Is it during homework? While spending time with one another? Talk about how to approach technology during these times when you want to keep your attention on a task.

Reflect on what balance feels like, not only for your kids, but for the whole family. Then look to apply that concept to the times and places throughout their day.



4. Reflect on ways to move forward.

Based on what you've discussed so far, what changes would create more balance for your family? Are any current boundaries working or not working? Are there moments in the day—like meal times—when the family would like to unplug altogether?

5. Remember, work together.

Involve your kids to help them feel a part of the decision-making process. Be open and participate in the conversation. Understanding your habits is the first step to making changes that can model positive behaviors.