



Smartphone Free Childhood TT

Use the School Holiday for a 30-Day Family Digital Detox

“Digital detox: a temporary break from technology to reconnect with yourself and your loved ones while rediscovering the joy of life offline.”

Make a plan that is intentional, achievable and sustainable. Practice using technology with intention and increase connection.

ONE

Meet as a family [regardless of your children’s ages] explain your reason behind the digital detox and get everyone involved in setting the parameters.

TWO

Set a timeline for the digital detox - we suggest a 30 day timeline but you can start with less or more depending on your unique family’s needs.

THREE

Create some systems and methods for accountability.

Cook meals together and eat these meals unplugged

Delete apps from phones and tablets

Turn off Wi-Fi from the source / Turn on ‘Airplane Mode’ on your phone No mindless scrolling or binge-watching

Designating screen-free zones in your house [like bedrooms, bathrooms, and the communal meeting space]

If you work from home then set time limits or time zones for your use of laptop, phones Use a scoreboard on your fridge or a white board

FOUR

Set the example! As parents and carers, be screen-free and our children will see the benefits and be more likely to stick to it.

FIVE

Make it fun for your family! Do a competition for who can read the most new books or a reward for learning a new skill , go on a screen free adventure to a place you never visited before, attend new events, start new traditions like craft nights, or reading nights

SIX

Embrace boredom - beauty and creativity tend to flourish in 'boredom'.

Help your children see that It is okay to be bored, to not run to the next thing or task.