

PHONE HACKS FOR FAMILIES



PHONE FREE FOOD

Research suggests we enjoy both the food and the company more if we put away the phones. It is easier if the whole family does it. First one to pick it up cleans the dishes!



PHONE FREE BEDROOM

Have the whole family leave the phone outside the bedroom to sleep better, perform better, and even reduce stress! Put the alarm sound up or buy an alarm clock! If you need it in the bedroom, try using flight mode.



FOLLOW SOCIAL MEDIA AGE GUIDELINES

Did you know that most social media platforms has a 13 year age limit? There are plenty of good reasons to follow these guidelines, and the best thing - you can blame someone else!



BE A ROLE MODEL PARENT

Kids do what we do and not what we say right? Start by showcasing the behaviour you want to see. Put away the phone at home and try not to use it in front of the kids.

Up for the challenge?
www.phonefreeday.org

