

PRACTICAL IDEAS —| //| —

Examples of Technology Rituals

- One Family: One Screen times, meaning everyone is watching the same screen (often a movie or playing video games together) without screen multitasking.
- Regular video chats with extended family members who live far away.
- Family game nights when members take turns choosing the game. Try mixing up tech and non-tech play. One dad likes to intersperse digital basketball with his kids with physical hoops before and after each video game.
- Sending positive, affirming text messages to each other (but for parents, trying to have a few consistent times that you do so as opposed to bombarding your kids with unwanted texts).
- Developing guidelines for when kids can use their devices in the car. Perhaps kids can't be on their phones as you're driving to school or on the first five minutes after you pick them up, since these are often golden times for family conversation.
- Encourage your kids to look for apps that might resonate with what they are already passionate about. One family's daughter catalogued every book their family owned using a library app. It worked out well because she loved to read and was interested in working for a library someday.
- Digital scrapbooking or family archive projects (which can be great, tactile ways to think together with kids about family and media and let them be the experts).
- Designating a specific box, basket, or bowl to put devices in to avoid using them during certain times. One family keeps this in the center of their table during dinner, another by the door, and still another said they use it primarily when friends come over - more as a way of helping their kids practice boundaries than their own kids.

- Setting up time restrictions to limit when or for how long kids' devices can connect to the family's Wi-Fi.
- Treating going to a restaurant as a special occasion for the family to enjoy time together. Kids can only use their phones in "show and tell" mode, meaning they only use devices to pull up a photo or look something up something everyone is talking about, not as an alternative to being part of the conversation.
- Inviting kids to do tech tutorials with parents and grandparents.

Right Click: Parenting Your Teenager In A Digital Media World (pg. 67-68)
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