

Healthy Screen Relationships

Technology has amazing benefits for families. However, tech brings challenges to every family. Some ways it interrupts family time:

- Decreased face-to-face connections: Children and parents are utilizing various types of tech that leads to less relationship building time.
- Kiddos may turn to online voices before reaching out to their families. Digital influencers are having a great impact on our kids mental and physical health.
- Distracted communication. It is so easy to be distracted by notifications, text messages, and social media updates, just to name a few. Conversations are interrupted and it is challenging to 'love the one you are with.'
- Less comfort, trust, security, love. Technology is weakening relationships and may result in kiddos feeling of not being seen and the foundational parent love all kids need

Having weekly, short, calm conversations with your family about tech is so important. Listed below are some helpful conversation starters. Enjoy finding tech free time to have these powerful and on-going conversations with your family members.

~ Screens Conversation Starters ~

- What did you see online today that (share an emotion i.e. inspired or touched or frustrated or scared) you?
- How do you solve your online conflicts or arguments ?
- What do you like about who you are online?
- What do you wish to change?
- Do you ever regret what you post? What action do you take if you regret a post or your comment on someone else's post?
- Who do you follow?
- What type of relationships do you have with your device, with those you follow, your online community?
- How do you feel when you are using social media, gaming, or scrolling?
- What digital habits will you model today or this week?
- Do you think violent video games, videos, movies desensitize people to violence
- What are popular video games? Any you suggest that don't involve violence?
- When can we go tech-free as a family? Tech-free time with friends?
- What do you need of me to have a healthier relationship with technology?

Additional resources: www.mkgparentcoach.com Follow: Instagram / FB: MKG Parent Coach