PARENTS AND FAMILIES

Family Window

One protected, phone-free time every day.

STEP 1 · START HERE

Choose one time each day that’s phone-free for everyone, parents included.

A Family Window is one time each day that’s phone-free for everyone, parents included.

Set yours up

1. **Choose the time:** dinner, the first 20 minutes home, or bedtime stories.
2. **Choose a phone spot:** a basket or box by the door.
3. **Plan what fills it:** pick something from the activity list so the time isn’t empty.
4. **Tell everyone:** “From 6 to 7, phones go in the basket. Mine too.”

Why it matters

Research on families has linked frequent phone interruptions during time with kids to more frustration and acting out. The link is modest, and phones don’t cause everything. But it’s one thing parents can change, starting today.

Talk, don’t criticize

Studies of families with teens found that frequent criticism of a teen’s phone use made things worse, while warmth, clear rules and doing things together helped. So go first, keep your tone kind, and make the window something everyone enjoys.

When it breaks

Restart it the next day. No lectures. When a parent slips, say so and put the phone down. That teaches more than any rule.

Allow real exceptions: calls from family, work emergencies, and anything safety-related.

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