



## **Family Cell Phone Agreement and Cell Phone Parking Lot**

**Use the Family Cell Phone Agreement and Cell Phone Parking Lot to limit digital distractions, creating valuable quality time and connection for your family.**

Cell phones offer many benefits, but they can also distract us from connections and face-to-face conversations with our family members. Connection is a key component of behavior, willingness, emotional health, and even optimal brain development. Naturally, limiting this resource results in problems for our families and our society.

Restore connection during mealtimes, family nights and other special family times by using the Family Cell Phone Agreement and Cell Phone Parking Lot pages included in this document. Print and laminate each page, then place the agreement and parking lot on a shelf or small table.

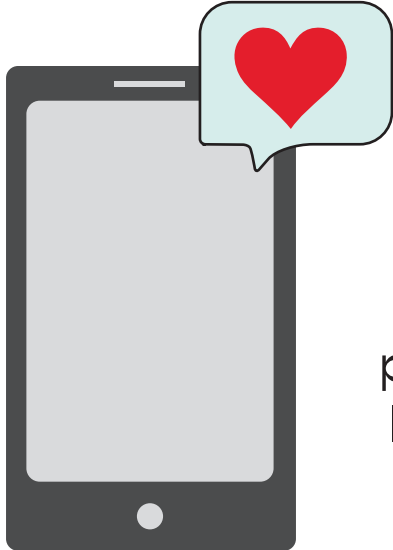
Talk to your family about the importance of meaningful connection, and ask for their willingness to set aside cell phones and connect during family times. Remember that the ingredients of connection include eye contact, touch, presence and playfulness. With your cell phones safely parked, focus on incorporating these ingredients to make your family time meaningful and restorative.

### **EXTENSION ACTIVITY:**

Start a family conversation ritual before each meal with a conversation starter like the following:

- Share one way you were helpful today.
- Share two positive things that happened today.
- Share one OOPS you have made and how you would do it differently next time.
- Share a strength of yours. When do you feel successful?
- Share one thing you want to celebrate today.
- Share two things you are grateful for today.

## Family Cell Phone Agreement & Cell Phone Parking Lot

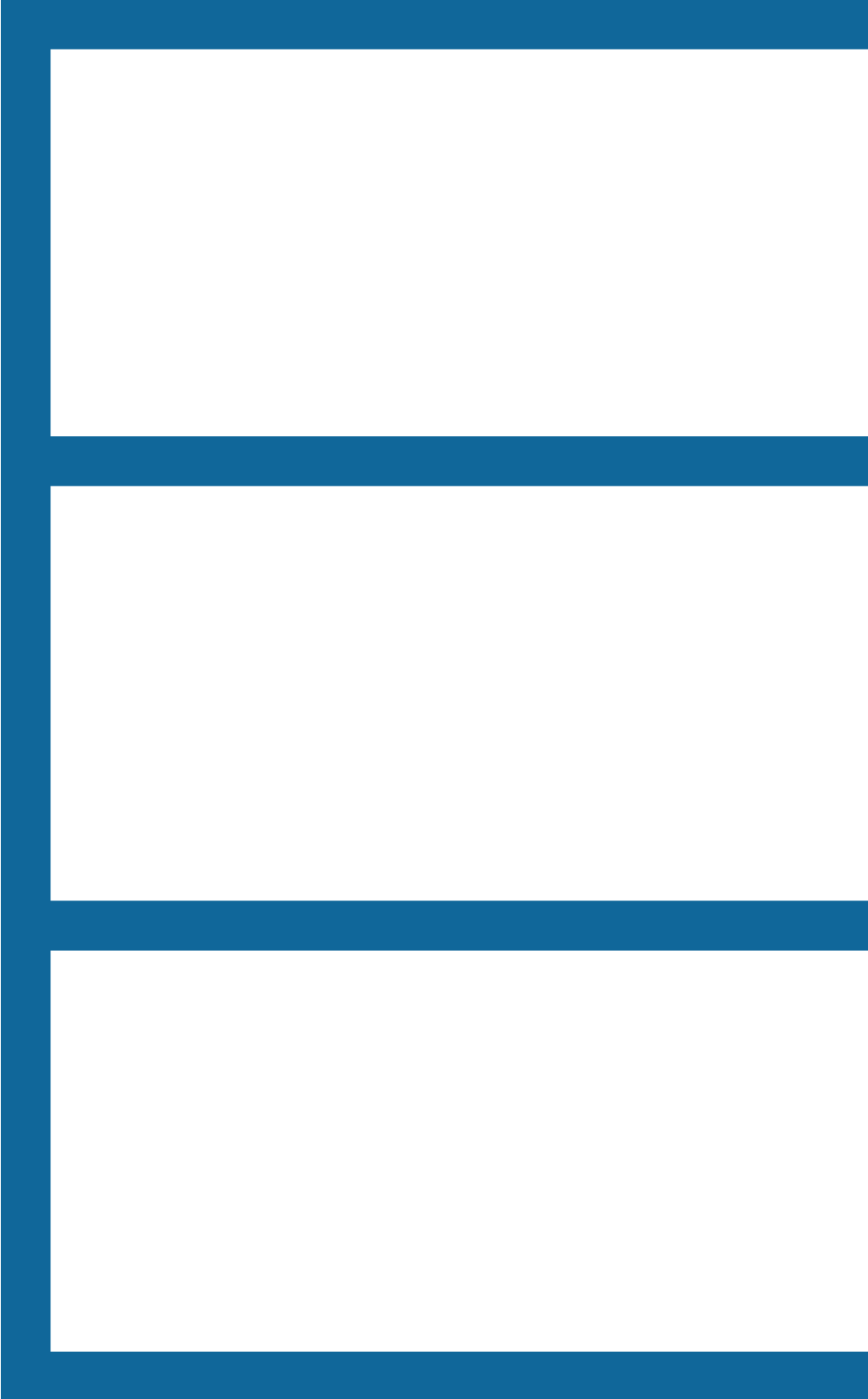


### Family Cell Phone Agreement

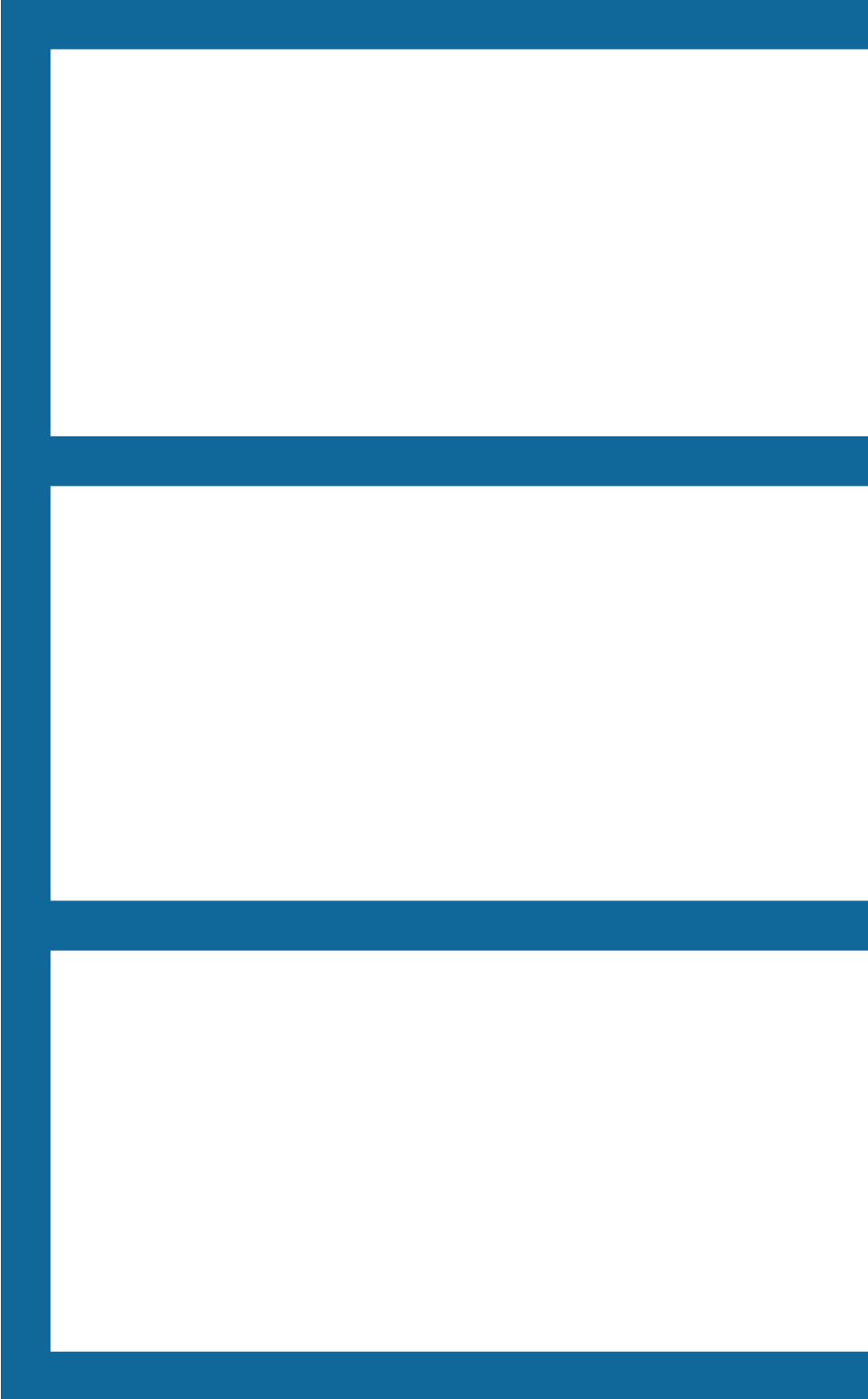
My family is important to me, so I am willing to park my cell phone in the cell phone parking lot during family times, such as mealtimes and family nights.

**CELL PHONE  
PARKING**





**→ CELL PHONE PARKING →**



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