



Digital Detox Checklist

A step-by-step guide to help your family reclaim focus and find balance.

Phase 1: The Preparation

- Pick Your Window:** Choose a specific timeframe (e.g., Saturday morning to Sunday evening) and mark it on the family calendar.
- Announce the "Away" Status:** Have kids tell friends they'll be offline. Set "Out of Office" auto-replies on emails to remove the urge to check.
- Gather the Tech:** Designate a "Tech Basket." When the detox starts, all phones, tablets, and controllers go in the basket.

Phase 2: The Detox Day

- The First Hour Rule:** No screens for the first 60 minutes of the day. Focus on breakfast, stretching, or talking about plans.
- Move Together:** Engage in one outdoor activity—a walk, bike ride, or park visit—to stimulate natural dopamine.
- Analog Entertainment:** Bring out board games, physical books, or cards. Rediscover the joy of activities that don't require batteries.

Phase 3: The Re-Entry

- The "Check-In" Reflection:** Before grabbing devices, ask: "What was the best part of being unplugged?" and "What did I miss the least?"
- Audit Your Notifications:** As you turn devices back on, disable non-essential alerts. If it didn't matter during the detox, it likely doesn't matter now.

PRO-TIP: Don't aim for perfection. If someone slips up, just jump back in. The goal is awareness, not punishment.