

Simple Tools for Peaceful Screen Habits

Family Tech Mission Statement:

"In our home, screens serve us-they do not master us."

"We value people before pixels."

"We use technology with wisdom, purpose, and peace."

Tech-Free Zones:

- Dinner Table
- Bedrooms at Night
- Family Devotions & Prayer Time
- The Car (for conversation or quiet time)
- Church & Worship Time

Screen Time Habits:

- Use timers for screen sessions (15, 30, 60 min blocks)
- Build daily screen-free activities into the routine
- Review weekly screen time totals as a family

Charging Station Plan:

- Create a common area for devices to charge overnight
- Keep devices out of bedrooms at bedtime
- Model device-free time for your children

The Family Table Podcast - Family Tech Boundaries Guide

Conversation Starters:

- "How do we feel after screen time?"
- "What activities help us feel peaceful?"
- "What could we do instead of scrolling right now?"

Tech Family Rules:

- Ask permission before new apps or games
- No screens at the dinner table
- Screens go off 30 minutes before bedtime
- Parents model healthy phone habits

Encouragement:

Tech boundaries aren't about control-they're about peace. Build simple rhythms that create margin for rest, connection, and real-life relationships in your home.