

Tips for Reducing Technology Distractions

Caring for YOU-Modeling the Way

1. **Establish a mindful morning and evening routine** that guides you back to the present moment.
2. **Focus on completing one task at a time**, when you notice a shift to future thinking, gently bring yourself back to the present moment by focusing on your breath.
3. **Take a break without your phone.** Time for walking reflection stimulates creativity.
4. **Turn off all smart phone notifications except from people or those designated as VIP.**
5. **Read and answer email/texts** at set times each day.
6. **Try keeping your homescreen to tools only.** Put social media on a separate screen or remove from phone.
7. **Set phone to Do Not Disturb at a scheduled time** (E.g. 10pm-6am).
8. **Remove technology from bedroom.** If a phone is needed for alarm, clock, meditation, music or sound maker, ensure Do Not Disturb in settings is turned on.

Family

1. **Talk about technology use as a family**
2. **Create a Family Screen Time Agreement**
 - a. Where, When, & How Long?
 - b. Decide where you're comfortable having your child use the device. Can they only use it in family spaces, like a family room or kitchen? Can they bring it into their bedroom or the bathroom? Can they use it at the dinner table?
 - c. Consider the difference between using a device for homework and using it for entertainment. Your child's school may have specific policies for what a device is to be used for and by whom (e.g., no siblings!).
 - d. Talk about what it means to "balance" time spent with technology, media, and other activities.
 - e. What are some steps your family can take to balance screen time with face-to-face time? Do you want to make the dinner table a device-free zone, in which no family member (not even the adults) may use a cell phone, tablet, or computer? Do you want to set a curfew for when devices need to be shut off?
3. **Common Sense Media** has free family media agreement templates for K-5, 6-8, 9-12
4. **Screen Time Tools:** Timer, chart, passes for using a set block of time for screen use.
5. **Consider a Parent Control/App and/or an app to block distractions.** This encourages a family conversation and helps everyone stick to their screen time agreements.

Parent Control Apps

Here's a few to check out-Unglue, Qustodio, Moment Family, Google Family Link, Circle, For example, **Unglue**-Limits entertainment time, allows your child to trade entertainment time for chores around the house, sends usage report that shows where the family has spent their time online. Also sends notifications when your child wants to do chores or exercise to earn more screen time and alerts when your child has used all of their entertainment time.

Apps to Block Distractions

Doing non-preferred activities make it difficult to stay on task. Check out these apps to block to distractions so you can get your work done.

Here's a few to check out-iOS 12 update, SelfControl, Freedom, Anti-Social, FocusWriter, WriteRoom, StayFocused, LeechBlock, FocusON, Focus, Cold Turkey

Mindful Apps

There are many apps that can help us to focus on the present moment.

Here's a few to check out-Calm, Insight Timer, Youtube-meditations and music, GoZen, Mind Yeti, My Fitness Pal, Intellicare Mental Health Apps

Articles

[To Raise a Mindful Child Focus on Yourself First](#)

[Teenage Tips: 7 Ways to Help your Teen Avoid Distractions](#)

[Internet Addiction: How Much is Too Much Time on the Internet](#)

[The Dangers of Distracted Parenting](#)

[Wired for Distraction: Kids and Social Media](#)

[The True Cost of Multi-Tasking](#)

Books

[The Art of ScreenTime](#) (Anya Kamenetz)

[Screenwise: Helping Kids Thrive and Survive in Their Digital World](#) (Devorah Heitner, PhD)

[Distracted: Reclaiming our focus in a world of lost attention](#) (Maggie Jackson)

Websites

[The Center for Parenting Education](https://centerforparentingeducation.org/) (https://centerforparentingeducation.org/)

[Raising Digital Natives](http://www.raisingdigitalnatives.com) (www.raisingdigitalnatives.com)

[Common Sense Media](http://www.common sense media.org) (www.common sense media.org)

[Dr. Mara Adelman Restorative Solitude Resources](http://www.solitudecourse.com) (www.solitudecourse.com)

[Dana Cope Consulting Free Resources](http://www.danacopeconsulting.com/free-resources.html) (www.danacopeconsulting.com/free-resources.html)

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