



## Digital Detox Advice for Families

Think back to your childhood. You may not have spent as much time on your phones as we are now seeing in our young primary aged children. Today's children don't know a world before the internet, and many of them are even developing technology dependencies before they're 3 years old.

Although digital devices are immensely helpful, they can also hinder development. It's important for children to have a firm grasp of reality and understand that the digital world may be limitless, but the real world is where life truly happens.

Whilst spending more time away from their online world, they may need help finding alternative activities and recognising that others in their family are offline too.

The thought of switching off your child's tablets or smartphones might be scary. You may have grown comfortable with them sitting in front of a screen.

Digital detox is a big change, but it has tons of benefits that make it well worth the initial discomfort. The most important thing is to make sure you're recognising the many benefits of technology whilst taking a break from it. You could focus on how amazing it is to do fun things offline, like playing games, sports, and discovering new hobbies.

Focus less on what you're taking away and what you're giving to your children instead. This is where a successful detox is made or broken — you have to have activities planned that will prevent boredom and make the transition from screens to real play time exciting.

**Set Clear Boundaries:** For some families, a mini detox is a good start. In some cases, they can't even avoid tech entirely, so they set time limits instead and even set reminders on phones and devices, so they know when it's time to log off.

**Lead by Example:** Make sure you're talking the talk! Don't encourage screen-free time among your children but sit scrolling through social media. A digital detox can be a great family commitment that leads to a better mental health for everyone.

**Implement Regular Detox Periods:** Consider going without screens for a few hours every evening for bed or having device-free days. Weekends make the perfect opportunity for the household to go on an adventure together rather than lying around on their phones and computers.

### Friendships

**You could invite a friendship group to set similar boundaries and have Lenten detox as a group.**

[Digital Detox for Kids: Helping Children Unplug and Thrive](#)

[Tips on how to have a digital detox - BBC Teach](#)

[How to Unplug your Child: Tips and Activities to Reduce Screen Time |](#)

[Mumsnet](#)

[The Anxious Generation by Haidt, Jonathan:](#)

[Raising Children – Sharing Parenting](#)

