

PUT THE PHONE TO BED

CONNECT MORE. SCROLL LESS. LEAD WITH PURPOSE.

5 Family Priorities Worth Protecting in a Digital World



5 PRIORITIES TO PROTECT



PROTECT SLEEP

A phone in the bedroom gives our kids access to far more than an alarm clock. Texts, social media, videos, notifications, and endless scrolling keep kids connected around the clock and cut into the physical and mental rest they need. Give the phone a bedtime and a place to sleep outside the bedroom. **THE BOUNDARY: Phones charge outside bedrooms at night.**



PROTECT CONNECTION

Create phone-free spaces and times when your family can be fully present with one another. Meals, family activities, car rides, or one-on-one conversations are great places to start. And parents, this boundary is for us too. Our kids are watching how often we reach for our phones. **THE BOUNDARY: Choose specific times and places where everyone puts phones away.**



PROTECT RESPONSIBILITY

Phones can easily compete with homework, chores, physical activity, time with God, and other responsibilities. Help your child learn that screens don't automatically get first access to their time and attention. Rather than constantly reminding them to put the phone down, establish clear expectations about what needs to happen first. **THE BOUNDARY: Responsibilities come before recreational phone use.**



PROTECT SAFETY

Giving your child a phone doesn't mean giving them complete privacy online. Stay aware of the apps they use, the people they communicate with, and the content they encounter. Keep the conversation open so your child knows they can come to you when something online feels uncomfortable, confusing, or unsafe. **THE BOUNDARY: Parents stay appropriately involved and kids know there are no secret digital spaces.**



PROTECT SELF-CONTROL

The ultimate goal isn't raising a child who just follows our phone rules. It's raising a young adult who has the wisdom to put the phone down without us standing there telling them to. As kids grow, invite them into the process, and remember their brains are still developing, so putting the phone down is really hard for them. Talk about why your boundaries exist, ask what they are noticing about their own habits, and gradually give them opportunities to practice managing technology responsibly. **THE BOUNDARY: Practice healthy phone habits together as a family.**

CONNECT & REFLECT

Where is the biggest battle?

When does phone use create the most tension in our home?

What is the phone competing with?

Is phone use regularly interfering with sleep, relationships, responsibilities, physical activity, or time with God?

What are we modeling?

Are my own phone habits consistent with what I'm asking of my child?

What boundary is missing?

Which of these five areas needs the most attention in our home right now?

WIN AT HOME

CREATE YOUR FAMILY PHONE PLAN: You don't have to change everything at once. Choose one boundary to start with and add the rest as you're ready.

OUR PHONES WILL GO TO BED AT:

OUR PHONE CHARGING LOCATION WILL BE:

ONE TIME OR PLACE WE WILL MAKE PHONE-FREE:

RESPONSIBILITIES THAT HAPPEN BEFORE RECREATIONAL PHONE USE:

ONE PHONE HABIT WE WILL PRACTICE TOGETHER AS A FAMILY:

PRAY

Technology doesn't have to be something we parent out of fear. Ask God for wisdom to know what boundaries your family needs and for the courage and consistency to lead your kids well. **Use the verse and prayer below or pray on your own.**

“For God has not given us a spirit of fear, but one of power, love, and sound judgment.” – 2 Timothy 1:7 (CSB)

God, give us wisdom as we navigate technology in our home. Help us protect what matters most and teach our kids to make wise choices. Give us self-control with our own devices and help us model what it looks like to be fully present. Above all, help us lead our children toward wisdom, not simply rules. Amen.

**FIND MORE
PARENTING
WINS AT:**

