

Our Family & technology

Why?

We are all aware that tech & screen time as a family can lead to disconnection and greatly impact our individual wellbeing and our wellbeing as a family. It can be so powerful to therefore come together and consider does it allow us to connect in to one another or does it drive us further apart?

It's something we consume and digest so like any diet its useful to be fully conscious to the amount of it that exists in our lives, our relationship with it, the purposes for which we use it, our fears around it and the impact it has on our family.

This can be a sensitive area give space, support and love to one another during these explorations.



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Create space
and connect in

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How?

A few options here:

1. You could do a media fast as a family – totally unplug for a period of time you agree is reasonable (It should feel like a stretch) come together and talk to what you noticed & learnt
2. Create a family ritual around being unplugged – a tech free evening, tech free weekend day
3. Write your collective family commitments around tech that will serve your wellbeing & growth.
4. Survey your habits for a week – how much, when, what, which devices, who, what purposes is it used for?, patterns... Nominate someone as survey lead! Talk about your findings.
5. Get together as a family and complete the following statement our relationship with technology is.....talk about your statement!
6. We all use tech to 'switch off' sometimes. This is mindless use. Have an honest conversation in your family about how often this happens in your household and what might serve your wellbeing better?

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