

## CELL PHONE GUIDELINES

- » **Set a reasonable time for all technology to be docked in a central location for the evening (e.g., the kitchen).**
- » **Do not allow cell phones to be used as alarm clocks.**  
This prevents participation in unkind dialogue (nasty grams), which usually occurs during the night hours. It also helps prevent the need to be overly connected.
- » **Homework hours are cell phone-free hours.**  
This avoids distraction and over-connection.
- » **No technology at the table at home or at a restaurant.**  
This encourages conversation and improves social skills.
- » **No technology on short car rides.**  
This is invaluable time where good conversations can be had. The 15-30 minute car ride provides an undisturbed arena that is precious and rare. Don't waste it.

