


Skeptical
**SPOUSE
CONVINCER**



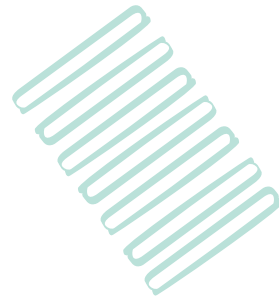
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YOU WANT TO DIGITALLY DETOX THE KIDS.

YOUR SPOUSE ISN'T SO SURE.

SAVE THE MARITAL CONFLICT FOR DATE NIGHT RESTAURANT SELECTION.

PRINT AND UTILIZE THIS FAQ SHEET INSTEAD.



OBJECTION:

It's a digital world, our kids need to be well acquainted with screens because that's how jobs and friendships work.



There is absolutely truth to this. The goal is not to remove all digital devices from your kids' lives forever. Just for two weeks. It's the same idea behind a diet cleanse, or when you empty out your closet to throw away that which no longer serves you. You're not trying to enforce prairie living, you're simply cleaning house and addressing a few behavioral or attentional or mental health related dust balls. After the two weeks, you will make an individually-tailored plan for your family using the observations from the detox. That will likely include a specified amount of video gaming, TV, digital devices. You're trying to put technology in its right place in your home, because tweaking the number of minutes and hours hasn't worked.

OBJECTION:

I played video games a ton as a kid, watched lots of TV, and I'm fine. It's just part of growing up.

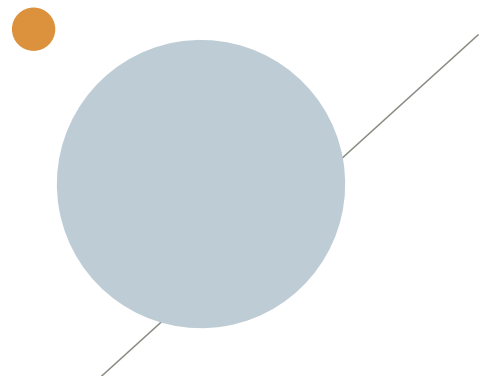


Same, my friend. Sonic and Super Mario Bros and TGIF TV lineup for LYFE!

Here's why tech is different for our kids' generation.

- 1.) The ratings that were in place for us are gone. Parents are the new rating system. YouTube, gaming chats, social media—the places kids are spending most of their time online—have none of the protections that existed when we were kids. Porn, profanity, stress, bullying are all rampant in a way that simply wasn't the case in the 1980s, 90s and early 2000s.
- 2.) Game and app developers have used psychology to bake addiction points into their products. Technology isn't new. But the kind marketed to our kids today is different.
- 3.) The top tech executives who develop these apps, games and devices are the strictest parents when it comes to their own kids' screen time. That should tell us everything we need to know.

You will likely decide that you don't want to ditch all digital devices forever. But if one parent sees a place for improvement, maybe it's worth hitting pause. Maybe it's worth taking two weeks to see if digital devices are playing too big a role in your home?



OBJECTION:

Look how the kids freak out after screen time. You want to deal with that for two weeks straight?



This fear is a common sticking point that prevents many parents from starting. But here's the truth: bad behaviors diminish or resolve completely during the digital detox. That's because screen tantrums are related to short-term dopamine crashes after the screens are turned off. Your digital detox is a dopamine reset for your kid's brain. You'll be giving them two weeks to unplug and reacquaint with real-life levels of stimulation, rather than the amped-up overstimulation they've grown accustomed to. There may be an adjustment period, but it is typically less than a week.

OBJECTION:

Even if I wanted to give the kids a detox, I don't want to quit all of my tech use. I need it for work, and frankly we are in the middle of bingeing that new Netflix show. Isn't it hypocritical to take our kids tech away but still use our iPhone and watch TV at night?



If your kids are early-elementary age or younger, you can detox them without detoxing yourself. (This assumes you being kind and responsible, using your technology for running your household, working, etc. You shouldn't plan to binge television shows while they look on, longingly.) In the same way that you give your young children an 8pm bedtime without feeling required to also go to bed at 8pm, you can make different rules for kids. Use wisdom in your own technology use, but give yourself permission to make limits that are good for your kids.

If your kids are middle elementary aged or older, it may help to choose an aspect of your technology use to limit alongside them for two weeks. Maybe it's Instagram. Maybe it's a gaming break. Choose what makes sense for your life. This shows your children that you believe in what you're doing, and that you have some skin in the game. It helps with credibility as your kids grow older and you move from commander to coach and mentor.