5 TIPS FOR PHONE-LIFE BALANCE

FROM MEL ROBBINS & VERIZON

1 **It Starts With You.**
Instead of pointing fingers, hold up a mirror. Your kids learn their phone habits from you. Better habits start when you model them first.

2 **Be Curious, Not Controlling.**
Step into their perspective rather than stepping on it. Phones = a direct connection to friends. Ask questions instead of judging to create open communication.

3 **Let Them Lead the Way.**
Sit together, name your concern, and solve it with them. Ask, "Have you thought what you want to do about this?" Working "with them" builds confidence and trust.

4 **Two Daily Habits To Practice Every Day.**
No phones in bed or next to your bed while you sleep. This is the hardest change to enforce as a parent, but it's important because it leads to better sleep and phone boundaries.

No phones at the dinner table. More eye contact, more talking. And here's the kicker: ask your kids to call you out if you slip, which creates two-way accountability.

5 **Create a Rocking Family Group Chat.**
Create a rocking family group chat. Use it for celebration and laughs, not just logistics. This is my favorite: it's a way to work with the phone and meet your kids where they are.

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