



TIME TOGETHER

TIME UNPLUGGED

Time Unplugged is a simple idea that encourages quality time with a child. During this time families are encouraged to set aside a block of time to enjoy quality time together without distraction from electronic devices.

Suggestions for Implementation:

- **As a family pick an activity that the whole family would enjoy. It is beneficial to schedule the activity several days in advance to prevent scheduling conflicts (Note: Try to avoid activities that prevent conversation). Encourage everyone to leave their electronic devices at home during Time Unplugged (Note: It would be a great idea for one parent to take their phone for emergency situations. But be sure not to use it unless needed). Enjoy spending quality time together as a family.**
- **As a family schedule a board game night. It is beneficial to schedule the game night several days in advance to prevent scheduling conflicts. When game night arrives place a basket in a public place in the house and encourage each family member to put their electronic devices in the basket (This prevents family members from disappearing to check their devices). Then, enjoy spending quality time together as a family.**