

## What do you feel is an unhealthy amount of time to spend daily on our phones?

We all have different opinions on when it's appropriate age-wise for our kids to have a cell phone, but when they do, have you agreed on what's a reasonable amount of time to be on it? Do you ever have a day of the week where the family disconnects (even for part of the day or at least at dinner)?

In her Ted Talk, Abby shares that in the book "Disconnected: How To Reconnect Our Digitally Distracted Kids" the author said the recent statistic is kids are spending up to now 9 hours on the phone a day.

Now Abby's parents went to one extreme of letting her have a phone, to no phone. In today's world, according to many Doctors we interviewed, that extreme isn't healthy either. We need a balance.

This week's question for the family to discuss is: "What do you feel is an unhealthy amount of time to spend daily on our phones?" or "What day of the week can we as a family do a digital detox and for how long during that day is fair?"

Great conversation to have and as the book Disconnected shares there's a ton of health and psychological benefits to this.



**Did you know that recent statistics show that kids are spending up to 9 hours per day on their phones?**

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