

Say This... Not That

When Your Child Wants to Be On Their Device Too Much



Instead of Saying...

I have asked you three times calmly to get off of your tablet! Now you can't have any more screen time tomorrow.!

Stop getting so upset when I ask you to stop playing that game. You have to learn that it's JUST A GAME! Life isn't all about having fun.

We're setting new rules about devices around here. You are on yours way too much and I don't like how it's affecting your attitude.

Say This To Yourself....

If I asked three times calmly and that didn't help, there's probably a reason. I know he needs help transitioning with other tasks, so that's likely here too... especially when he's SO into the game.

It may be just a game, but it's more that that to him; it's his way of un-winding and feeling good. Besides, my goal isn't to be interested in the conversation. My goal is to show I care.

Starting any change with negativity is likely to lead to negativity. I can work with my children to solve this problem rather than against them.

Say This To Your Child...

It's dinnertime and time to get off of your device. I can see that you're playing that new game and that's why you don't want to stop. Why don't you tell me about the game while we eat dinner? What kind of game is it? How far did you get?

I might not like that game, but I can tell it's important to you so I'd like to hear more. What's the best thing about it? Do you think I'd be good at it?

I think we could all spend a little less time on our devices. Let's choose a time when we'll all turn everything off. I'd like to hear what time would work for you, and then we'll come up with a time that works for all of us.