



Be Healthy

Device Free Dinner



Learn as a Family

What is a Device Free Dinner?

It is a way to start healthy habits together as a family by not using devices or screens, not even a TV, while eating together.

Why is it important?

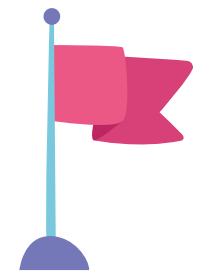
Taking a break from devices is proven to have positive benefits for kids, from better nutrition and focus at home to fewer problems at school.

How do you go device free?

Put mobile devices away, stay off cellphones, turn the TV off and connect with one another while eating dinner together.

Goal

To spend more quality face-to-face time together, without distraction and interruption from any device.



Action Plan

- Start small, decide together on one dinner night to begin with. Consider a weekend or evening when you will have adequate time.
- Establish clear rules about where the phones are to be kept for the duration of the meal. Turn notifications off to prevent distraction.
- Set a minimum time frame for the dinner to prevent children from rushing their dinners just to get back to their phones.
- Think about what you might do or discuss during that device free dinner. For example, use a topic or question of the day to stimulate conversations, discuss and plan upcoming family events or celebrations. Here are some [discussion starters for family dinners](#)
- Enforce the rules and be consistent!



Consider

- Talking with your family in advance and get them involved with the planning.
- Taking turns for who will be responsible for the collection of phones and who chooses a discussion starter.



Debrief as a family

- ➔ What went well?
- ➔ What was tricky?
- ➔ What are our next steps?

Go further

- Try a week or month of device free dining.
- Try a family digital detox challenge. [Here are some ideas!](#)
- Take an offline family vacation. [Here are some tips!](#)