

How To Break Your Kids Screen Addiction

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=MVLSRISWAMO](https://www.youtube.com/watch?v=MvLSRiSWAMo)
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SUMMARY

The speaker shares an experience of setting boundaries on screen time for their daughter and her friend, leading to unexpected engagement and connection. They emphasize the importance of being present and willing to connect with children when screens are removed, fostering creativity and interaction.

- *Setting boundaries on screen time can encourage children to engage in imaginative play.*
- *Parents should be prepared to connect and interact with their children when screens are taken away.*
- *Creating a non-screen environment allows for meaningful interactions and bonding.*
- *Simple activities, like playing together or engaging in creative tasks, can strengthen relationships.*
- *Parents should prioritize being present and available for their children's needs and interests.*
- *Building connection doesn't always require deep conversations; even small moments of togetherness matter.*

one day my daughter and her friend came over and they won their phones the whole time so I said that's it this is a play date so I want to see you playing after five minutes I'm taking away your phones okay there was silence for like they were playing I was so happy I was like Feeling So Satisfied as a conscious parent look see if you just have boundaries then the kids will go and find their imagination ten minutes later

they come knocking on my door right I'm like why are you here why are you here why are you in my space I've like shut the laptop why are you here they're like can we put makeup on your face she's going to do half I'm like should I tell them to go back to their screens and then I realized that now this is what the problem is like if they're not on their screen they want you so when you lay that boundary

are you willing to connect to your children and play with them this is it you have to find something and be captivating so you have to you know be willing that when you're taking that away they're coming for you so don't be like I'm cooking I'm busy I'm not then you're like create the space build that connection so every day find a way to get in there and build connection does it mean hugging your kid doesn't mean they have to talk to you

about their deepest concerns and problems it just means in some way you both are together in a non-screen environment engaging