

IDEAS

- 1 Eating meals together as a family is a great way to build positive relationships. Putting the devices away to eat makes it easier to connect.
- 2 Establishing routines around usage of devices such as limiting TV or video games, or a set time to turn off phones or Wi-Fi.
- 3 Utilize the "do not disturb" function on your phone to reject text messages and calls between 10 pm and 6 am.
- 4 Buy an alarm clock rather than using your phone. Keep smartphones out of the bedroom. Consider keeping them in a common area, such as the living room or kitchen.
- 5 Reading books whether alone or as a family is a great way to expand the mind. Don't have any books around? You can get a free library card at the Lloydminster Public Library.
- 6 Go for a walk. 15 minutes without your phone might feel scary at first, but try it a few times and see how you feel.

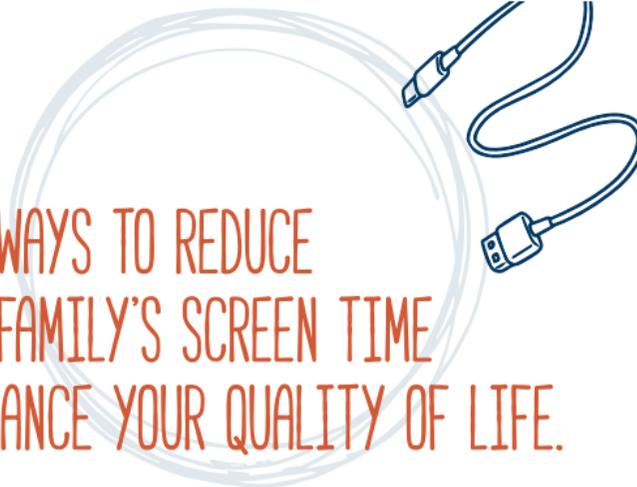
Every family is different. You can create the routines that work for your family. We would like to hear how your family has disconnected from electronic devices and reconnected to each other. Try out Disconnect Box for two weeks and let us know what you did and how it worked at lloydminster.ca/disconnect.

- 7 Play a game. If you don't have any board games you can make one up, or just find some pens and paper for tic-tac-toe or word games.
- 8 Attend or organize an event in your community. Find upcoming events on the online community calendar at lloydminster.ca/calendar.
- 9 Explore the programs in your community and share what you find with others. Visit lloydminster.ca/guides for program ideas.
- 10 **Develop a plan that works for your family and tell us about it at lloydminster.ca/disconnect.**



THE DISCONNECT BOX

INFORMATION BOOKLET



EASY WAYS TO REDUCE YOUR FAMILY'S SCREEN TIME + ENHANCE YOUR QUALITY OF LIFE.

Technology has a huge impact on our lives and creates so many new opportunities to connect, stay informed and create. However, you can have too much of a good thing, and if you are thinking that your family is spending too much time online then it may be time to disconnect for a period of time.

BENEFITS

- 1** Children who disconnect from their screens at bedtime on average get 37 more minutes of sleep. More sleep leads to improved school performance, reduced risk of obesity and improved mental and social health.
- 2** Cutting out screens 1 to 2 hours before bedtime avoids the effects of light on the sleep hormone (melatonin) and helps you get to sleep faster.
- 3** Encouraging exercise and free play not only strengthens the body but helps with creative problem solving, self-control and can lead to a higher quality of life.
- 4** When families disconnect from screens and spend quality time together they build stronger connections, improve communication and resistance to crisis.