

# Tips to Take **Technology OFF** the Table



Studies show that eating meals together as a family produces a **better diet** and **higher self-esteem among kids**. That's a goal worth pursuing.

**Is technology eating into your family mealtimes? If the answer is yes, you may want to put your child's media use on a restrictive diet.**

*Research found that children who used electronic devices and watched television or movies while dining ate fewer healthy meals.*

*Families that permitted media use during meals had fewer servings of green salad, vegetables, fruit and milk and more sugary beverages.*

*Digital devices should fit your parenting style and protect all family-time activities.*

**Here are tips on how and why to go tech-free when your family gathers around the table to eat:**

**Ban hand-held devices for all meals.** No phones are allowed at the table for anyone, even when friends and other guests visit.

**Turn off the television, too.** Many children already watch too many hours of TV daily, often while eating.

**Consider occasional exceptions to the no-technology rule.** For example, you may elect to have a dinner movie night.

**Focus on face-to-face communication.** Mealtimes can be an opportunity to catch up on the day's events while enjoying your food and family time.

**Savor your food with fewer distractions.** Unconscious eating can occur while scrolling on a cell phone, laptop, TV or other electronic screen.