

REFLECTION PAGES

Chapter Reflection 1: Family & Screens

- When do screens tend to steal our family time most?
- What's one boundary we can introduce this week?
- How do I feel when I see my child deeply focused on a screen — proud, frustrated, or concerned? Why?

Chapter Reflection 2: Understanding the Digital World

- What online habits have I noticed in my child?
- How does technology help our family grow — and how does it distract us?
- What do I want my child to remember most about our home life — screens or connection?

Chapter Reflection 3: Setting Boundaries

- Which boundaries have worked before in our home?
- How can I involve my child in setting new ones?
- How can we make “screen-free” time fun and not feel like punishment?

Chapter Reflection 4: Modeling Digital Wisdom

- How well do I model the screen habits I expect from my children?
- What can I change about my own phone or media use this week?
- What moments feel best when we all unplug together?

Chapter Reflection 5: Online Safety

- Do I know what my child sees or shares online?

- Have we talked about strangers or privacy lately?
- How can I make safety discussions feel loving, not fearful?

Chapter Reflection 6: Instilling Values

- Which values do I want technology to reflect in my home? (e.g., kindness, gratitude, self-control)
- How can I use digital moments to teach these values?
- What is one family value we can reinforce online this week?

Here are some parent-children conversation starters that you can use at dinner, car rides, or bedtime. They are everyday questions.

- What made you laugh online this week?
- Did you see something today that made you think deeply?
- If you could design an app for families, what would it do?
- What's one thing you wish adults understood about technology?
- How do you feel when friends post things you're not part of?
- What do you do when something online makes you uncomfortable?
- How can we make our home feel more peaceful, with or without screens?
- If Jesus used social media, what do you think He'd post about?
- Let's share our favorite offline memories together.
- What's one fun thing we can do this weekend without our phones?
- What would "a perfect digital balance day" look like for you?
- How can we remind each other to unplug lovingly and not nag about it.