

Distraction-Free Living

Help your child build focus, patience, and healthier tech habits.

Distractions Add Up

237

notifications a day

median smartphone notifications received daily for users ages 11-17 ¹

Hundreds of interruptions competing for your child's attention

8.5 hours
of daily screen time
on average for US not
including schoolwork ²

Time pulled away from reading, creativity, & rest



Designate Tech-Free Zones

Keep phones out of bedrooms and away from the dinner table.



Delay The Device

Wait to introduce addictive technology, and set clear boundaries when you do.



Develop Offline Skills

Prioritize hobbies like reading, drawing, and outdoor play to strengthen focus and real-world skills.



Set the tone for a healthy digital lifestyle at home!

Start the Conversation

- "What is a skill you'd like to learn that doesn't require a screen or an app to master?"
- "If we decided to make our study time free from all tech, what do you think would happen to your focus?"
- "Do you notice a difference in how deeply you can get into a book or a project when there are no buzzing notifications nearby?"

Our mission at Parent ProTech is to equip your community to safely navigate technology.

¹ Common Sense Media, Constant Companion: A Week in the Life of a Young Person's Smartphone Use (2023).
² Common Sense Media, The Common Sense Census: Media Use by Tweens and Teens, 2021 (2022).

