

# FamilyLife Blended® Radio Transcript

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## Technoference

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**Ron:** So, do you have any technoference in your parenting?

**Announcer:** For FamilyLife Blended®, here's Ron Deal.

**Ron:** Technoference refers to the minor everyday intrusions or interruptions technology has on our relationships. Think about your parenting for a minute. While having dinner, or playing with your child—if your phone vibrates do you check it? Sixty five percent of mothers now admit that a device fairly often interrupts playtime or discipline with their child—and now researchers have found a link between technoference and child misbehavior. Distracted parents simply aren't in synch with their child.

Look, texting while driving can wait, right? And allowing your device to distract you from parenting, well that's an accident just waiting to happen, too. For FamilyLife Blended, I'm Ron Deal.

**Announcer:** To find out more visit [familylifeblended.com](http://familylifeblended.com).

*FamilyLife Blended with Ron Deal* is a production of FamilyLife, of Little Rock, Arkansas. Help for today. Hope for tomorrow.

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