

FamilyLife Blended® Radio Transcript

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Don't Text and Parent

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Ron: Hey, don't text and drive. And don't text and parent.

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

Ron: Kids have a new rivalry in their lives: their parents' devices. Yeah, I know kids are glued to their screens, too. But how will they learn moderation if we don't model it for them? Kids are finding it hard to get their parent's attention. Frustrating to engage them in dialogue. Back in 2009, a study found that for every hour a TV is on in the home parents speak 500 to 1000 less words per day to their child.¹ Imagine what it is today.

So, to avoid distraction, set your phone down. Be intentional about being available. We tell them not to text and drive. Don't text and parent. For FamilyLife Blended, I'm Ron Deal.

Announcer: To find out more visit familylifeblended.com.

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¹ <https://well.blogs.nytimes.com/2014/03/10/parents-wired-to-distraction/?mcubz=3>