

# FamilyLife Blended® Radio Transcript

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## Becoming a Tech-Wise Family

Air Date: October 11, 2021

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**Ron:** Don't let your smartphone turn you into a dummy.

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

**Ron:** Screens and devices are everywhere. And without boundaries, your family may suffer. Be a tech-wise family. First, have unplugged family time. No devices at the dinner table, at restaurants, or on vacation. Second, have an entire unplugged day. Sunday is probably a good choice. It's a day of rest, already. So, rest already. Third, set limits to screen time and internet access. For example, parents should collect phones at night and charge them in their room to prevent late night screen time.

And finally, love the one you're with. Don't let devices control your attention. Have the self-discipline to give your full attention to those you're with. 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.

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