

REWIRING YOUR FAMILY'S DAY

Breaking down your routines

IDENTIFYING WAYS OF BEING IN YOUR FAMILY

Every family has their way of doing things in their daily life. Most families have routines whether they are structured or have naturally evolved in the morning, perhaps the afternoon & the evening of each week day. This will most likely vary in the weekend. Here are our suggestions for overall wellness, healthy brain & neuro development for you to consider. **Remember parents have parented without devices since the beginning of time & they are a relatively new thing in our family lives. You can change your family's habits & please always remember the 'Device Movement Sandwich' concept.**

MORNING MISSION FOCUS

**EAT & HYDRATE
CONNECT & ORGANISE
ENERGETIC FOCUS ON THE DAY**

Try to minimise device usage in the morning apart from essentials so the brain gets a rest from them from bedtime for as long as possible.

AFTERNOON MISSION FOCUS

**EAT & HYDRATE
CONNECT & UNPACK
THE 'DEVICE MOVEMENT' SANDWICH
ENERGISE & ORGANISE
CHORES & DINNER PREP
FAMILY DINNER & TIDY UP**

Try to be mindful of device usage after dinner & do a little quieter activity together where time & capacity allow. For younger children the bedtime routine with some quiet in bed will soon follow so no devices are necessary. For teenagers we will need to role model evening device usage & set limits so their brain gets the rest it needs for proper neuro development and overall wellness.

