

# REWIRING YOUR FAMILY'S DAY

## The importance of sleep & weekend flow

### SLEEP & DEVICES

Sleep is an absolute essential for proper brain development & restoration. There are significant concerns that many of the challenges young people face are related to not enough good quality sleep due to being on devices at night & their related impact.

Please make yourself aware of the amount of sleep your family need as they grow & have a plan for when you all hop off your device in the evening. Don't let your family have their devices in their bedrooms. Have a place in your house where they all live at the end of the day (ideally powered off or on airplane mode) so everyone in your family can sleep soundly without a device tempting them away from their precious rest & brain development.

**Remember parents we have lived without devices since the beginning of time & they are a relatively new thing in our family lives. You can change your family's habits.**

## WEEKEND FAMILY FLOW

EAT & HYDRATE  
MORNING ACTIVITIES  
CHILL TIME - SANDWICH CONCEPT  
ENERGISE & ORGANISE  
CHORES & DINNER PREP  
FAMILY DINNER & TIDY UP

We fondly remember the good old days where Mum and Dad got a lie in on the weekend and we got up and watched Kids TV. **The thing is Kids TV had an end .**

It stopped & then got boring so we got up & moved. Devices don't do this it is endless. Consider whether it is helpful in your family for your children to get up and be on devices in the weekend. Does it benefit your family or does it cause stress in the end & impact how your day develops too much. Try to work out the right balance for your family to get the mix of rest, relaxation & movement that it needs for healthy brain development, neuro integration, behaviour & connection.

