alpacto

Phone Rules for Parents

The kids are the referees. When a grown-up slips, the family gets something back.

Our family _____ Week of _____ Referees _____

1. The rules grown-ups follow

- [ ] No phones at the table.
- [ ] Phone down when a kid is talking to you.
- [ ] No scrolling at the playground or at pickup.
- [ ] No phone during bedtime stories.
- [ ] Whoever is driving doesn't touch the phone.
- [ ] Say "one minute" out loud, then keep it to one minute.
- [ ] _____
- [ ] _____

2. If a referee catches a slip, the grown-up picks one

- [ ] Play any game the kid picks for 10 minutes
- [ ] Read one extra bedtime story
- [ ] Let the kid pick the music in the car
- [ ] Play outside together for 15 minutes
- [ ] Let the kid pick Friday's dessert
- [ ] Phone in another room for an hour
- [ ] _____
- [ ] _____

3. This week's catches

Make one mark for each slip. Make-ups happen by Sunday night.

Grown-up	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total	Made up
									☐
									☐
									☐

A week with zero marks earns the grown-up _____

Referees _____ Grown-ups _____ Date _____

Not a legal document. A shared agreement between people who trust each other.

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