



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

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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