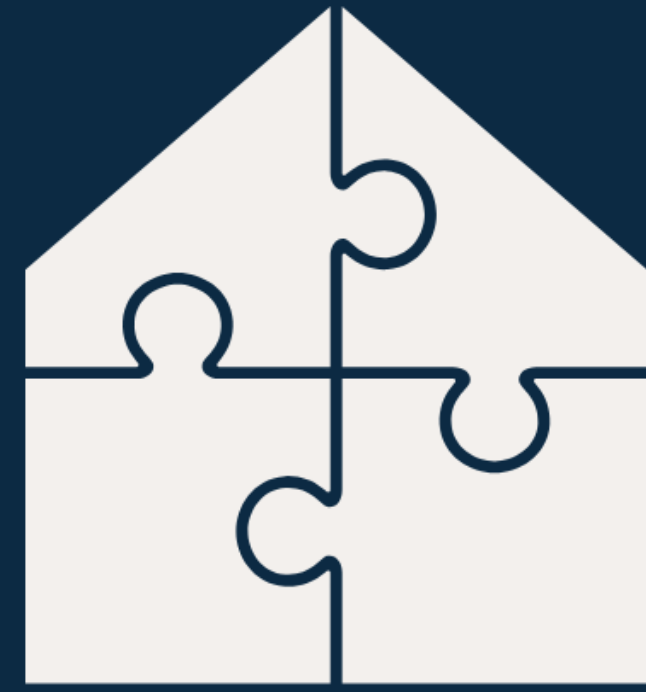


DIGITAL DETOX

Helping Your Family Reclaim Attention, Presence, and Connection



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PARA VITA

Therapy and Training



Presentation Slides

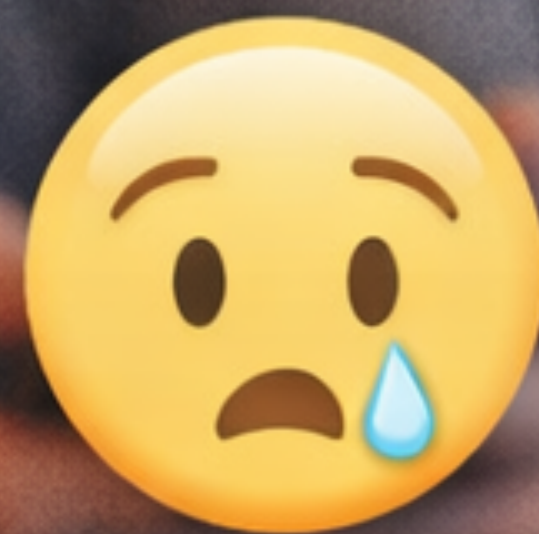
Three Impacts of Digital Overuse on Families

1. Fragmented Presence
2. Emotional Flatness
3. Relationship Drift

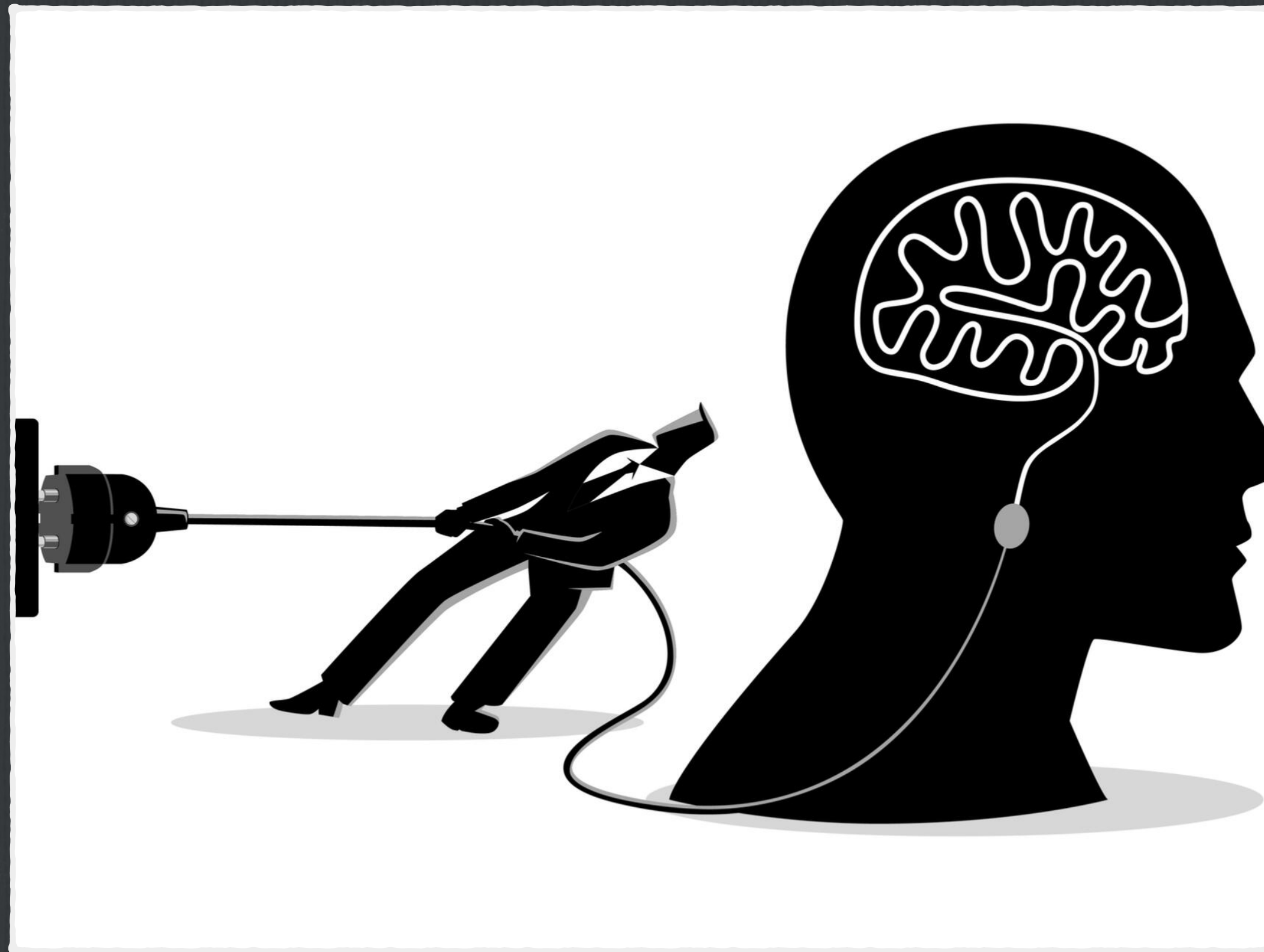
The goal is not less technology.

The goal is more intentional families.

The Attention Audit

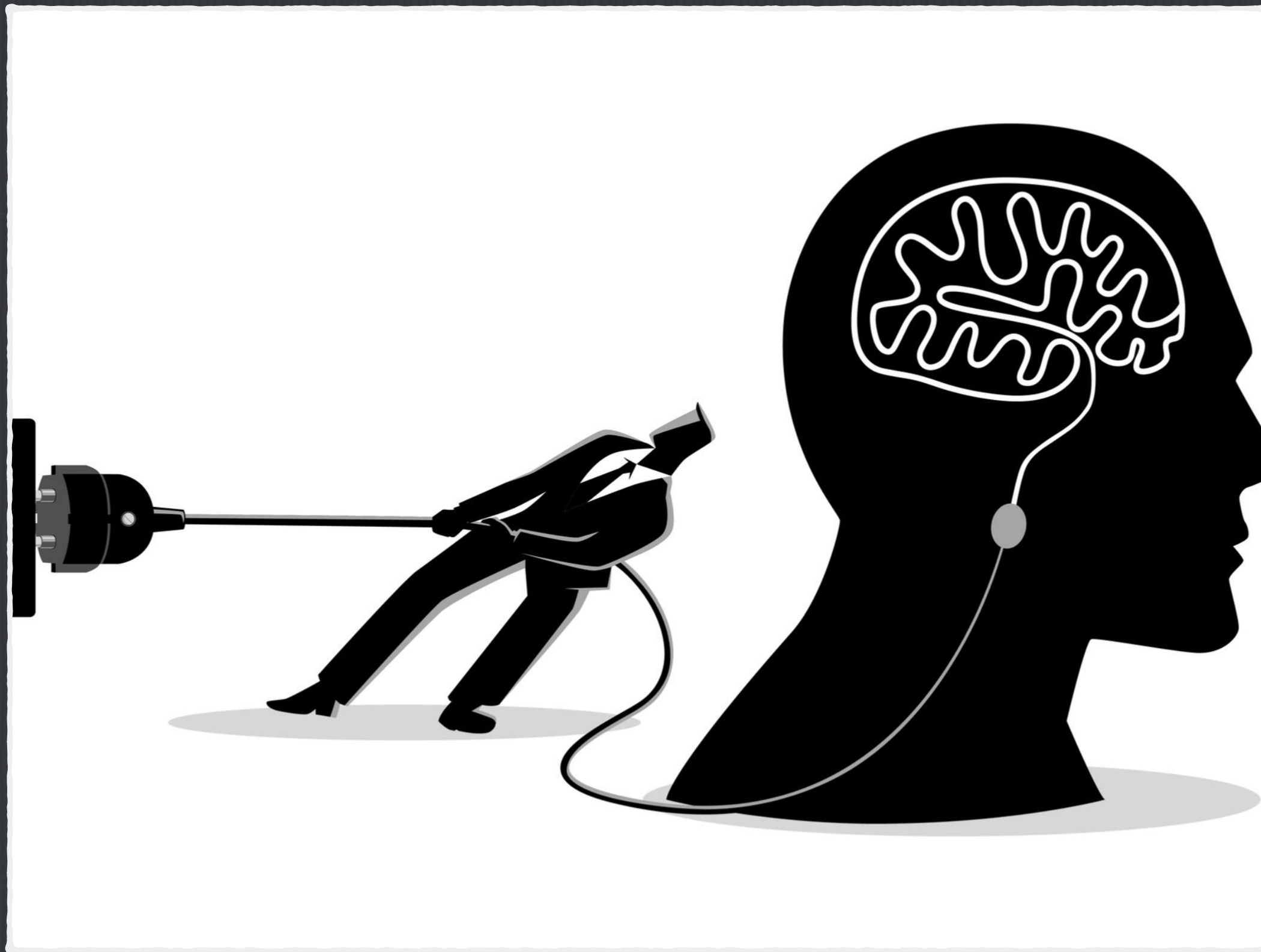


Bank a Victory



- Set a target weekend 2 to 4 weeks from now where your whole family is going to unplug from devices for 3 days.
- Set incremental goals each week that reduce screen time (no phones at dinner this week, no phones at dinner or for an hour after everyone gets home the next week, etc.)
- Gradually scale down as the weeks pass. Parents don't get to cheat because you're the parents.
- Enjoy your digital vacation weekend. Parents can't cheat.
- Bring the phones back on Monday with a new plan.

Your New Plan



- Needs to be less focused on time than on environment. Some examples. No phones when:
 - We're in the car together.
 - We're at dinner
 - You're in the living room
 - You're in the bedroom.
- Your new plan needs to be thoughtful. Intentionality is key... You're working towards something, not running from something!

Your Digital Minimalism Plan

Step 1: The Reset (Clean Slate)

- Remove non-essential apps
- Turn off non-essential notifications
- Strip phone to core functions

Step 2: Rebuild with Purpose

- Only add something back if:
 - It serves a clear value
 - You know when and how you'll use it



Step 3: Set Operating Rules

- You're working towards something, but there need to be reasonable boundaries.
- Examples
 - No phones during meals
 - No phones in bedrooms at night
 - Screen-free blocks (evenings, Sundays, etc.)

Recap So Far

Step 1: The Reset (Clean Slate)

Step 2: Rebuild with Purpose

Step 3: Set Operating Rules

Additional Considerations

1. Replace, Don't Just Remove.

- **Instead of scrolling:**

- Family walks
- Reading (even 10 minutes)
- Simple card games

- **Instead of isolated screen time:**

- Shared shows (intentional, together)
- Cooking together
- Outdoor time

Additional Considerations

2. Parents Set the Emotional Tone

- Your kids don't need perfect rules, they need a consistent example.
- Practical challenge:
 - Pick one change you will model first
 - Don't lead with rules, lead with behavior

Family Implementation Plan

-
1. Pick ONE change this week
 2. Make it visible
 3. Expect resistance

Years from now, your kids will
not remember your
screen time rules.

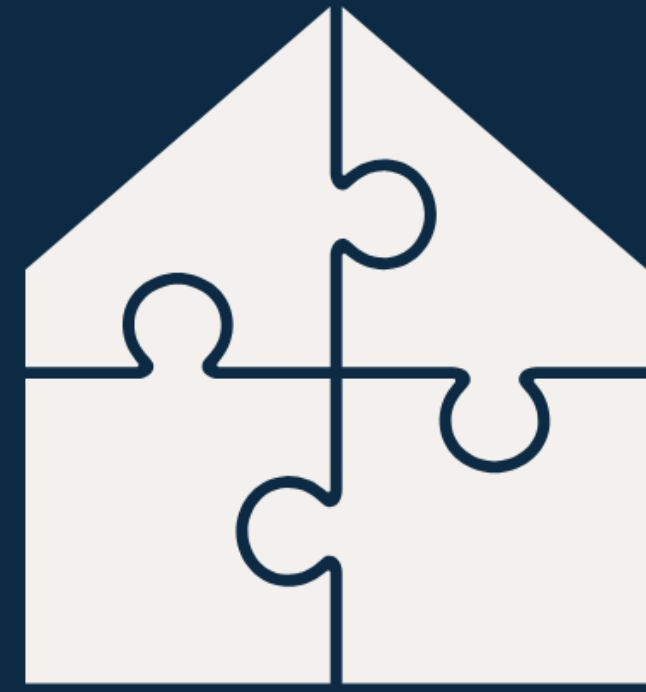
*They will remember
whether you were
there.*



COMMUNITY ENGAGEMENT NIGHT



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and enter for a chance to win a prize!**



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Book an Appointment



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