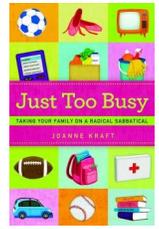


The Mean Mom Cellphone Challenge



Are you ready to get serious about laying down a few boundaries with technology? Then how about we begin with your child's cellphone?

- Share with your child/teenager (days in advance) that Thanksgiving will be a cellphone-free zone. If you're hosting the holiday this means their phone takes a nap in your keep. If you're travelling that means their cellphone stays behind at home.
- Remind your child/teenager the reasons you're creating this boundary around Thanksgiving. It's important they know it's because you want their full engagement.
- Print off a few of the fun images on the following page. Cut them out and slip them in areas where they'll be found by your child/teenager. Personalize a note on the back if you feel led to.
- After Thanksgiving make sure to take a selfie holding the last printable, "I Survived The Mean Mom Cellphone Challenge!"

Share the selfie of you and your child/teenager with the hashtag #ISurvivedTheMeanMomChallenge on your Facebook page, and Joanne Kraft's page :

<https://www.facebook.com/TheMeanMomsGuide/?ref=bookmarks>

I'll be sharing your photos with my audience the week after Thanksgiving!

Parenting is not for the faint of heart. What your child thinks is mean when he's fourteen will not be considered mean when he's forty. Once your son/daughter has a little adult perspective they'll understand and probably enforce the same boundaries. This is great news for those of us who are counting on grandkids.

Close families don't just happen. They're nurtured with intentional habits. I pray this challenge becomes a holiday ritual. Your kids won't love it right now, but remember, you're not raising kids—you're raising adults.

Love, Joanne



—○—
This is a
**CELLPHONE
FREE ZONE**



—○—
I'm Sorry
IS THANKSGIVING DINNER
INTERRUPTING YOUR
TEXT MESSAGES?



—○—
I Love You Enough
TO SAY "NO"
TO YOUR CELLPHONE
ADDICTION.



—○—
This is a
**CELLPHONE
FREE ZONE**

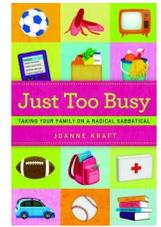




I SURVIVED
THE MEAN MOM
CELLPHONE
CHALLENGE



The Mean Mom Cellphone Challenge



If your kids are awake, they're probably online. A study done by the Kaiser Family Foundation revealed children between the ages of eight and eighteen spend on average of seven waking hours a day with technology. With our world-wide appetite for iPads, iPods, smartphones and the next shiny techno-gadget to emerge, parents need to be vigilant and instill boundaries along the way.

How about putting your kids cellphones down for a long holiday nap? Or, maybe all weekend, or all summer? The point is you need to start now—before it's too hard to instill technology boundaries.

How do you know if your child is addicted to technology? Well, how upset are they when you tell them, "It's time your iPod/ iPad/ laptop/cellphone needs a breather." If you explain, "Your dad and I have decided to give technology a time out for a while—and that includes your cell phone." How does your child respond?

Dr Aric Sigman, a leading psychologist, said, "The problem with this generation is that we accept there should be limits on the consumption of many things, such as sunlight or sugar and salt, but screen time is not something that is thought of as consumption. It is important to impose boundaries, rules and limits.

Model Healthy Technology Habits For Your Kids — Put Your Phone Down Too

Researchers from Boston Medical Center observed parents interacting with their children during meals in fast-food restaurants. They noted that one-third of the adults used their phones continuously during the meals, and 73 percent of them checked their devices at least once.

When a parent who was glued to the phone was interrupted by a child, the parent was apt to react negatively, according to the study. One mother even kicked her child under the table after the child attempted to get her attention while she tapped away at her smartphone. Another mother ignored her child as he tried to lift her head from looking down at a tablet. Researchers believed the kids may have been acting out as a way to test limits or gain the parent's attention. Makes a mom stop and think...could this be me?

So, how about it? Are you up for a challenge?