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# CELL PHONE RULES

*for Moms*



1

When your child is talking to you, look at him, not your phone.

2

Follow your children on social media and use your phone to check their posts.

3

When you're playing with your child, don't check your phone.

4

Use your phone to share interesting videos with your children.

5

Don't respond to phone calls, texts, or emails at meal time.

6

When you're on a walk with your child, don't use your phone.

7

Text your children just to say hi.

8

If you're using your phone and your child wants your attention, put down your phone immediately.

9

Video chat with your children while they're away.

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Limit your phone use so your kids' memory of you won't be that you were always on your phone.

