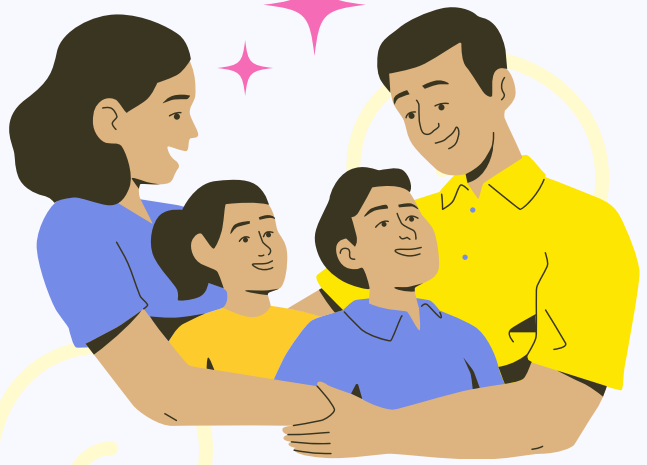


TECHNOFERENCE AND ITS CHALLENGES

WHAT IS TECHNOFERENCE?

Everyday interruptions in interpersonal interactions or time spent together that occur due to digital and mobile technology devices.



WHY IT MATTERS: THE IMPACT ON FAMILIES

1

INTERRUPTED BONDS

When technology distracts parents, it disrupts crucial parent-child interactions, impacting emotional connection and trust.

2

DEVELOPMENTAL DELAYS

Frequent interruptions from screens can limit face-to-face engagement, which is essential for language development, social skills, and emotional regulation.

3

BEHAVIORAL CHANGES

Children may act out more when they feel ignored or compete with devices for attention, leading to frustration and increased tantrums.

4

PARENTAL AWARENESS

Many parents don't realize how often technology interferes with their time together, making mindfulness about screen use a key step toward change.

5

ROLE MODELING MATTERS

Kids learn from what they see. When parents prioritize devices over interactions, children may adopt similar habits, affecting their future relationships.

6

STRONGER CONNECTIONS

Reducing technoference allows for deeper family relationships, enhances communication, and creates a more nurturing environment for children to thrive.

TECH FREE ZONES

Establish areas like the dinner table and bedtime as screen-free to encourage meaningful conversations.



TIPS

LEAD BY EXAMPLE

Show healthy screen habits by putting your phone away during interactions with your child.

MINDFUL TECH USE

When using screens, explain why (ex: work, checking the weather) to model intentional and balanced usage.



SCHEDULE QUALITY TIME

Set aside daily unplugged time for play, reading, or outdoor activities to strengthen your bond.

DID YOU KNOW?

MORE THAN **HALF OF PARENTS IN 2023** MADE A NEW YEAR'S RESOLUTION TO REDUCE SCREEN TIME.



DCF RESOURCES

The Department of Children and Families is committed to raising awareness about this issue to ensure that families have the tools and resources to build strong, healthy connections. By understanding the effects of technoference, caregivers can take small but meaningful steps to create more mindful, engaged interactions that support a child's well-being and development.

CREATING A HEALTHY PARENTING ENVIRONMENT IN A DIGITAL WORLD

EMBRACE POSITIVE PARENTING WITH MINDFUL SMARTPHONE USE

Positive parenting includes warmth, affection, empathy, consistency, and emotional support.

Healthy smartphone habits help create a nurturing and engaged parent-child relationship.

HARM-REDUCTION & POSITIVE DIGITAL MEDIA USE

Develop a family media plan that involves both parents and children.

Limit passive media use, like background TV, to one hour per day and focus on high-quality, child-directed content.

Choose screen-free daycares when possible to encourage real-life engagement.

STRIVING FOR QUALITY, REAL-LIFE FACE TIME

Engage in shared play with non-screen activities like board games or outdoor fun.

Practice joint attention by focusing on the same activity together without digital distractions.

Designate tech-free outings and scheduled screen-free times at home.

TIPS FOR PARENTS TO REDUCE TECH OVERLOAD

Acknowledge your own screen habits and set goals for reducing screen time.

Turn off push notifications and use Do Not Disturb mode to minimize distractions.

Talk with other parents about what works for them in managing phone use.

SIMPLE STEPS TOWARD A HEALTHIER DIGITAL BALANCE

Connect with nature and be fully present during family moments.

Switch your phone to greyscale mode to reduce its appeal.

Batch notifications instead of checking your phone constantly.

Absorb moments as they happen instead of always taking photos.

Try tech-minimalism—turn off unnecessary sounds, avoid mindless scrolling, and leave your phone at home for short errands with your kids.

