

Are We Dumb Parents With Smart-Phones?

Description

If you're a parent reading this, chances are you're just as guilty as I am for staring at our smartphone with our kids around.

A recent post from [Time.com](#) shared the results of a study recording the behavior of 55 adult-child groupings at a fast food restaurant and captured how often the adult used their smartphone.

Don't Text While Parenting – It Will Make You Cranky

A new study from Boston Medical Center reveals that parents who get absorbed by email, games or other apps have more negative interactions with their children, making them feel like they're competing for attention with their parents' gadgets

First off, any adult is not that smart for [subjecting their kids and themselves to fast food, but that's just how I feel](#). Poor nutrition aside, the interactions captured between the parent-child groups showed how damaging smartphone use can be when with your kids.

Before this was published, my wife and I had already stopped all technology use at the dinner table, but we are far from innocent when it comes to using our phones as Avery runs around our feet wanting attention. And she deserves it, poor girl, nothing is more important than giving her our love!

Since reading the article, we have become more aware of our use when Avery is around, but I know we're still not perfect. Just look at my [Instagram](#) or aother social media accounts and it's easy to see I have my phone practically shoved in her face A LOT! Sorry, Avery, please forgive me.

Maybe it's different if you're using your smartphone *with* your kid, but I know simply setting the tech aside and just playing is always the better option. Does this mean I'm going to stop capturing pics and videos of her? Nope, but scrolling through Facebook or Instagram feeds will be limited when our sweet girl is begging attention from now on. I mean, just look at that sweet face!



Get off your phone swing kettlebells with me!

Are you guilty of using your phone or other device and not paying attention to your kids?

Do you have certain rules or guidelines on when/where you can use your tech devices?

Date Created

2015/03/27

default watermark