

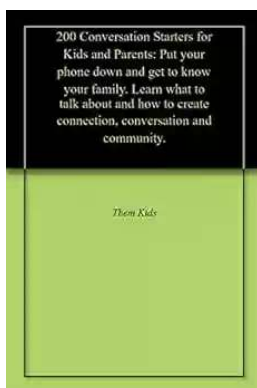
Put Your Phone Down And Get To Know Your Family Learn What To Talk About

Do you find yourself constantly glued to your phone, even when you're spending time with your family? In today's digital age, it's easy to get caught up in the virtual world and lose touch with the people who matter most. But it's important to remember that nothing can replace the joy and connection that comes from spending quality time with your loved ones. So why not put your phone down and get to know your family better?

Getting to know your family doesn't have to be a daunting task. In fact, it can be a fun and rewarding experience for everyone involved. By disconnecting from your digital distractions and engaging in meaningful conversations, you can create lasting memories and deepen your relationships. Here are some tips on how to do it:

1. Set aside dedicated family time

The first step to getting to know your family better is to make time for them. Set aside specific moments throughout the week where you can all come together and focus solely on each other. Whether it's a family dinner, game night, or simply an hour of conversation, make it a priority to be present and engaged.



**200 Conversation Starters for Kids and Parents:
Put your phone down and get to know your family.
Learn what to talk about and how to create
connection, conversation and community.**

by Them Kids(Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size	: 291 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 209 pages
Lending	: Enabled



2. Ask open-ended questions

One of the best ways to initiate meaningful conversations with your family is by asking open-ended questions. Instead of asking yes or no questions, go for ones that require more thought and reflection. For example, instead of asking "Did you have a good day?" ask "What was the best part of your day and why?". This will encourage your loved ones to share their thoughts and feelings, allowing you to understand them better.

3. Share stories and memories

Sharing stories and memories is a great way to connect with your family on a deeper level. Recounting happy moments from the past or sharing personal experiences can help you bond and create a sense of belonging. Encourage each family member to talk about their favorite memories or childhood stories. This will not only help you learn more about them but also strengthen your family identity.

4. Explore common interests

Another way to get to know your family better is by discovering and exploring common interests. Find activities or hobbies that you can all enjoy together. Whether it's going for a hike, cooking a meal, or playing a sport, engaging in

shared interests will create opportunities for conversation and quality time. It's also a chance to learn new things about each other and build shared experiences.

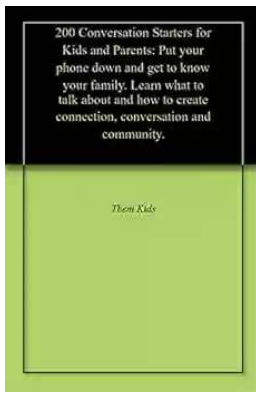
5. Practice active listening

Listening is a crucial component of effective communication. When you're having conversations with your family, make sure to practice active listening. Give your full attention, maintain eye contact, and show genuine interest in what they are saying. Avoid interrupting or looking at your phone during these moments. By actively listening, you demonstrate respect and make your family members feel valued.

6. Embrace technology-free zones

To truly focus on getting to know your family, consider establishing technology-free zones or times in your home. Designate specific areas or moments where phones and other devices are off-limits. This will create an environment that encourages face-to-face interaction and helps eliminate distractions. By setting boundaries with technology, you can establish a healthier balance between the digital world and your family life.

Put your phone down and discover the joy of connecting with your family on a deeper level. By setting aside dedicated family time, asking open-ended questions, sharing stories, exploring common interests, practicing active listening, and embracing technology-free zones, you can cultivate stronger relationships and create lasting memories. Remember, your family is worth your undivided attention. So put down your phone, engage in meaningful conversations, and get to know your loved ones in a whole new way.



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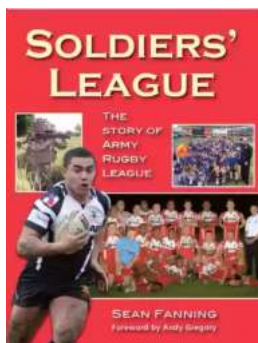
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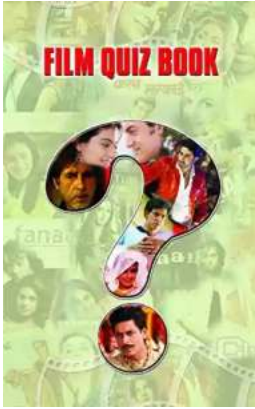
Put away your phone and get to know your family. We are bringing intentional parenting to the table, the dinner table that is. Don't touch your smart phone for 20 minutes and have a conversation with your kids. Your smart phone will be waiting for you after dinner. Social media will always be there later. Your kids though, time with your children is precious. Babies grow too quick and the grade school age kids, tweens to middle school and then high school teens all happen in an instant. Take time while everyone is sitting and attentive at the dinner table to create conversation. We aren't talking family debates, we are encouraging families to gain a better understanding of who each child and parent is as a human, not just a member of the family. We have created this family book that's to be left on the dinner table or in the kitchen. Start a conversation, create connections and maybe even laugh a little by using our simple questions. We have formulated questions that are specific to kids for you to help gain a better understanding of who your kids are. The "How was your day?" question is great,

but can be so surface. The questions in this conversation book go a bit deeper, sometimes funny, light-hearted, and sometimes inquisitive. All were created to help you be intentional in spending time and growing your relationship with your child. There are questions for parents that the kids can ask. These parent questions will help your child know who you are and learn a little bit about how you grew up, who you were then, what you are proud of and more. We also have general questions. These are perfect for nights when you just want to talk. They also work well as conversation starters when you have dinner guests. Use this book to help sibling relationships as well. These family talks can help each brother, sister, mother and father understand one another better. I wrote this family conversation starters book for kids to help you get to know your kids. As a parent to 4 kids, I can verify that the rumors are true. Time flies, kids grow up too fast. Embrace this time by spending a few minutes at the dinner table learning about one another in a fun and creative way. So much can be learned about each other by just asking questions. 200 Conversation Starters for Kids and Parents : Put your phone down and get to know your family. Learn what to talk about and how to create connection, conversation and community. This is a must have parenting book for families. My hope is that this fun family activity becomes a habit and that the relationships and bond between each member grows, all through conversations and questions.



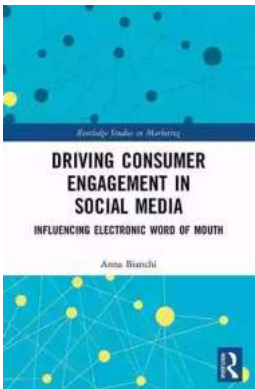
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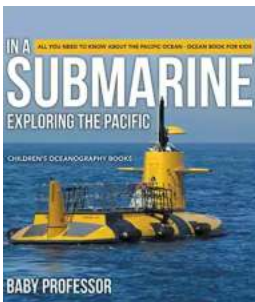
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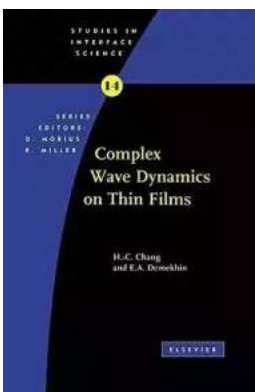
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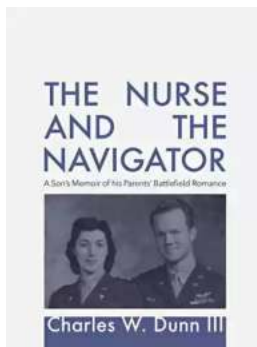
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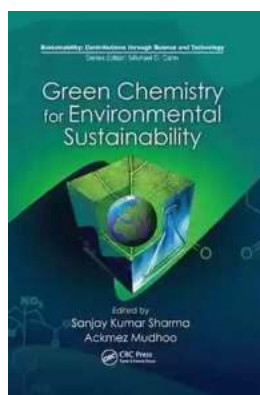
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