



#DeviceFreeDinner

Family Starter Kit



Congratulations on taking the #DeviceFreeDinner challenge!
You're taking a big step to happier and healthier kids.

Here's how to get started:



Commit Together

Make sure the whole family is on board. Your kids will be more excited to participate and you can all keep each other motivated when everyone is involved. We've created an agreement that you can customize for your squad, or you can create your own!



Create Your Basket

A basket in the kitchen or a shelf in the living room will help keep distracting devices out of sight during dinner. Just cut out the sign (*page 3*), tape it to any old box or bowl, drop in your devices, and set it aside during your family meal.

For creative ideas check out our Pinterest board.



Start a Conversation

We've partnered with **The Family Dinner Project** to give you a bunch of fun, silly, and engaging conversation starters — listed by topic and by age, so you can pick the best ones for your family — such as, "If you were a utensil, which would you be?"

Special thanks to The Family Dinner Project



See the Family Commitment and the basket sign on the next pages.



#DeviceFreeDinner

Family Commitment

We, the _____ family,
name

hereby commit to have device-free dinner

_____, and we promise to
every night, every week

keep each other honest if we mess up.

We commit to have great family conversations.

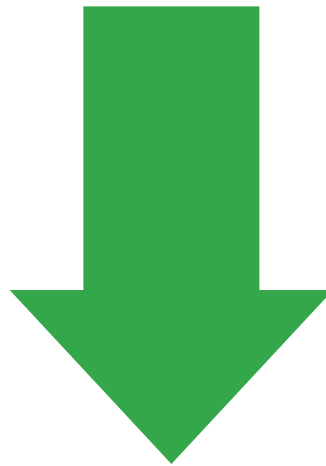
If we succeed, we will _____,
do something fun!

and if we don't, *we'll keep trying.*

Signed,

See the sign, next page.

**Devices
go here!**



That's it. You've started. Now go have fun with your family!