



25 Rewards of Distraction-Free Parenting

from *e|u|g|e|n|e
i|n|a|v|e|n|s*

I'd like to remind every parent that the greatest gift you can give your child is your undivided attention.

It's also the most rewarding thing you can do for yourself!

EUGENE HAVENS

Distraction-free parenting (v) — 1. *what happens when we put down our cell phones. Look at our kids when they're talking. Ask questions. Sit and listen. Participate.*

2. *When the moment is only about us and our kids; magic happens.*



*There
are
countless
rewards
for
distraction-
free
parents*

Here are 25 ...

No. 25

MORE LAUGHTER

“Captain Kirk has gas.” This inside joke got started during toilet training time with our three-year-old. Which included a lot of waiting, and *Netflix*. Silly jokes make a family feel closer. Spend some time and they appear!

No. 24

LESS BABYSITTER HASSLE

Being a distraction-free parent means being at home more often. Which means, not having to do the *babysitter shuffle* as often. Sure, babysitters are still golden. But if you fill-in 20% of the time? You and your kids both win.

No. 23

THE PERFECT MENTAL PHOTO

You're taking pictures to capture your child's stages. How about taking a closer look, with your eyes? Really study what your child looks like? This scrutiny might get a funny look. But a mental snapshot is unforgettable.

No. 22

VACATION FROM TECHNOLOGY

It's hard to stay glued to your phone when you're in the middle of a board game with your kids. Or a jigsaw puzzle. Or, a game of hide-and-seek. Getting closer to your kids, and a time-out from tech? It's a double win.

No. 21

GET LOST IN A WONDERLAND

There's a reason every celebrity wants to write children's books. They're fun and imaginative. Reading to your kids, or having them read to you, is a great way to experience a new creative world, together. And talk about it.

No. 20

LEARN FROM GENERATION NEXT

We're used to telling our kid what to do. What have you asked them lately? Play 20 questions. Who's the coolest new musician? What's the best new flavor of ice cream? You'll learn something about our coming world.

No. 19

INSTRUMENTAL TEACHING

Can you play a musical instrument? It probably took you a long time to master it. Giving your child lessons is a great way to share time together. And, it starts your child on that path to mastery that can last a lifetime.

No. 18

RELATE THE FAMILY SAGA

Parents can go years without telling kids about their heritage. We think we'll get to it later. Teach your kids their family history. Grandparents, country of origin, famous relatives. They'll eat it up. Then pass it along.

No. 17

A GOOD DISTRACTION

Children of a certain age love to talk. They'll talk your ear off. Which can be a distraction for busy parents. But it can also be a *good* distraction. Give your child your undivided attention and watch your life worries disappear.

No. 16

A LITTLE WORKOUT

Kids have more energy than you. It's usually a challenge for parents. But what if you had on your workout clothes? Set your kids loose and try to keep up with them. They'll be impressed, and you'll burn calories!

No. 15

CATCHING THE KID SHOW

When they were younger, you enjoyed sitting and watching your kids. They're older now, but your kids are just as creative and unpredictable. Sitting and watching them play is a relaxing way to enjoy your family.

No. 14

REACHING OUT TOGETHER

Our kids focus on themselves 24/7. It's only natural, but as parents we need to change this. One family activity is to get on the speakerphone with long distance relatives and friends. It shows our kids that they have love to share.

No. 13

A BREAK FROM THE GRIND

Family isn't just for kids. It's there for us, too. Parents who lean into their families find themselves happier than lone-wolf parents who think they need to do it all. Your family wants to shower you with affection. Let them!

No. 12

LOOK INTO THE FAMILY MIRROR

Your child inherited a lot from you. In some traits, it's a downright carbon copy. How better to understand our own strengths and weaknesses than to give our kids the attention they deserve? What we'll learn is priceless.

No. 11

INSTANT MEMORIES

Has your child ever said, “remember that time we ...?” When your family breaks routine, it creates a memory for children. Breakfast for dinner. A walk in the rain. You have the power to give them a rich memory that lasts.

No. 10

A LONG-TERM FAMILY PROJECT

What could you and your child do, if there was all the time in the world? Why not find out! Plan a project together and make time to have it become a reality. Build a fort. Sew a quilt. Volunteer. It's time well spent.

No. 9

A CLEANER HOUSE

Instead of giving our kids a list of household chores, we can work side-by-side *with* our kids. Does it defeat the purpose of getting more done? Sure, but teaching our kids the value of hard work is worth the extra time.

No. 8

BETTER GRADES

All parents want their children to succeed in school. Studies show, it takes *parents* making the time as well. The more distraction-free time you make for your kids, the better they'll read, write, and succeed in the world.

No. 7

A STRONGER FAMILY BOND

We often assume our kids know what “family” means. We think, “they’re in a family 24/7. It’s obvious.” It really isn’t. We teach our kids the importance of family—loyalty, togetherness—by setting aside the time and being there.

No. 6

MORE COOPERATION

The saying goes, children should obey their parents. But modern studies show, cooperation is a better goal than strict obedience. Cooperation comes from trust. And trust is grown by, yes, spending more quality time together.

No. 5

GREATER SELF-ESTEEM

Our kids might deny it, but they base their sense of self on how we—their parents—treat them. If we're available, receptive and vulnerable, it's a boost to their self-image and confidence. Self-esteem leads to good choices.

No. 4

INSTALLING YOUR VALUES

A parent wonders, *how did junior fall so far from the tree?* If we aren't making time for our children, their friends will do the job for us. Our values are what make us who we are. Teaching our children takes patience *and* time.

No. 3

A HEART TO HEART TALK

Multitasking is good for productivity, but not for conversation. Slow down, and your child's guard just might come down. Who knows what you'll talk about, but you just might hear about the biggest thing in their lives.

No. 2

NO REGRETS DOWN THE ROAD

If you make more time for your kids,
you'll feel better, both now and later.
Will it take a sacrifice in your
schedule? Sure. But just imagine a
lifetime of knowing *you were there for*
them, when all is said and done.

No. 1

AN UNQUESTIONED SHOW OF LOVE

You've heard it before. Children look at what we do, not what we say. When you set aside precious time for your kids, you tell them loud and clear: *I love you. You're more important right now than anything else.* That is parenting.

*DISTRACTION-FREE
REGRET-FREE
PARENTING*

Hello. I'm a regular Dad just like you. I'm here to encourage parents to do what they already *want* to do—spend quality time with their kids.

I know it isn't as easy as all that. Things get in the way. Work. Stress. Distractions. As parents, we can spend more time feeling guilty than we do spending time with our children.

This can change. We can help. Visit eugenehavens.com today.

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