PHONE AT THE TABLE

The boundary script for the fifth guest at dinner.

FREE SCRIPT • DOOR 3: THE CHALLENGING TEEN

THE MOMENT

Dinner has a fifth guest — the phone — and it's winning. Eyes down, one-word answers, a thumb scrolling under the table. You're not competing with an app; you're competing with a machine built to be more interesting than you.

SAY THIS:

“New house rule, starts tonight: phones charge in the kitchen during meals — mine too. It's not a punishment. Dinner is the one hour we actually get to talk.”

WHEN THEY PUSH BACK — “YOU'RE ALWAYS ON YOURS”

“You're right that I slip too. That's why the rule is for everybody — and if I break it, you can call me on it.”

THE FOLLOW-THROUGH

Put a charging spot where everyone can see it. First week, remind once — then go quiet and let the standing consequence do the talking: a phone that comes to the table lives in the kitchen after dinner. Nagging is not a consequence; a rule that runs itself is.

From the Parent Hub — free scripts, printables, and straight talk for parents.

More at chorereport.com

The system behind the scripts: Chore Report — the app that holds the line with you.