



FIVE FOR FAMILIES IDEA

# Healthy Digital Habits

When it comes to connecting with others, our high-tech devices can be helpful tools or terrible distractions. No technology can replace having meaningful relationships with those around us. But healthy digital habits can help you maintain strong connections, online and in person.

**Keep connected:** Stay in touch over time and distance, but also rely on more personal connections such as a card, phone call or visit, when possible.

**Limit distractions:** To be attentive, put devices down during meals and conversation.

**Be patient and polite:** Understanding emotions is easier face-to-face. Be patient when your words get misinterpreted and try not to say things online that you wouldn't say in person.