I think it’s become pretty normal for children to have their own phones now. And Simon is not too bad really. I’m sure many of his friends are using their phones a lot more. My wife started having a no phone rule at the table, and I support that. It’s nicer to have a conversation together as a family without a lot of interruptions. Well, at least without those caused by the smartphones!

Our younger daughter doesn’t have a phone of her own, she is only six. I don’t think she really needs one yet. But she is always trying to take Simon’s phone and play some games on it or something. So that is sometimes the cause of some fights. But I think it would be worse if everyone in the house had their own phone. We wouldn’t talk at all some nights.

To be honest, I don’t really use my phone for much, I am not the most technically minded person, and I have to ask Simon how to do half the things I want to do with it. So I don’t bother that much.