I feel that life with cellphones has made my job as a parent much harder. It’s become a constant battle with my son to get him off the phone and doing something else, or going outside, or even just interacting with me. And it is such a waste of energy because we fight about it, and then he is angry with me all day. So we don’t get any good time together, even when he gets off the stupid phone.

At dinner time I have had to confiscate phones from our children so that they actually eat and engage with the family a little, you know? So before they sit down at the table I take them all and put them away from the table on the counter. I used to just put them in the middle of the table, but I would get up to get something from the kitchen or my phone would buzz so I would check it really quickly, and then everyone has their phones back and they are secretly checking them in their lap under the table!

I just really worry about him, you know? He’s got to learn some better social interaction. I mean, he already doesn’t have many friends at school, he’s not the most sociable person, and it can’t help when your head is stuck in your phone all day.

I guess he sees me on my phone sometimes, and thinks it’s ok. But I have to for work. My boss is always emailing me even when I’m supposed to be picking up the children from school, telling me I need to do this and that, and this report will be due tomorrow, can I send a draft now, it’s just constant. But the children are just messing around on the phones, playing games, it’s just not educational.