

## Master JinBodhi Wellness Seminar Series

# Q&A on Parenting

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Welcome to Master JinBodhi's Wellness Seminar - Q&A On Parenting

(Master, my son is always on his phone playing games, skips breakfast and stays up late. I am concerned he will ruin his health. What should I do, Master?)

Adults, not just kids, can't do without their phones. There is nothing the phone can't do. We can even make payments with it. In some developed countries, you can pay highway or bridge tolls with it. South Koreans scan their phones to pay for things. So do the Chinese, right? Money is deducted from their bank account. You can also listen to audio books on a phone. Kids can ask classmates about assignments or just chat.

I hope parents create a cell phone agreement with their kids. How? Say, when they are doing homework, their phone stays with you or is locked in a drawer. This is to keep the phone from them. They can use their phone with restraint when done with homework. Say, reply to messages from their classmates or friends. If it is not related to school work, then it is better to keep it locked away.

Indeed, games attract people of different ages. Phones have their pros and cons. The fact is we can't avoid phones or computers. What we can do is manage our time well. Teachers and parents can help children set up a timetable.

Cultivate the body and mind, live a healthy life and keep learning.