The Adult Attention Boundary Plan

Give one responsibility the attention you promised.

An attention boundary must fit real duties and preserve essential communication. Measure the responsibility carried, not just a lower screen-time number.

Example: an adult keeps the phone in a suitable nearby place during a family discussion, with essential contact available. They listen to the full concern, then check necessary messages afterward.

01 Identify the interruption

Start with a concrete moment and duty.

Responsibility being interrupted

Moment the phone enters it

Necessary phone use to preserve

Optional prompt or browsing trigger

02 Choose the boundary

Fit the method to the actual responsibility.

Place or time boundary to try

Essential contact route

Arrangement to explain to others

Task materials to put within reach

The Adult Attention Boundary Plan / Review & follow-through

03 Carry the real action

Give attention somewhere useful to go.

Action I will begin instead

Optional interruption setting to adjust

Adult conduct I need to model

Specific attention promise to keep

04 Review what happened

Examine the duty and the interruption honestly.

Person heard or task completed

Interruption that actually occurred

Real constraint the plan missed

One boundary or support adjustment