

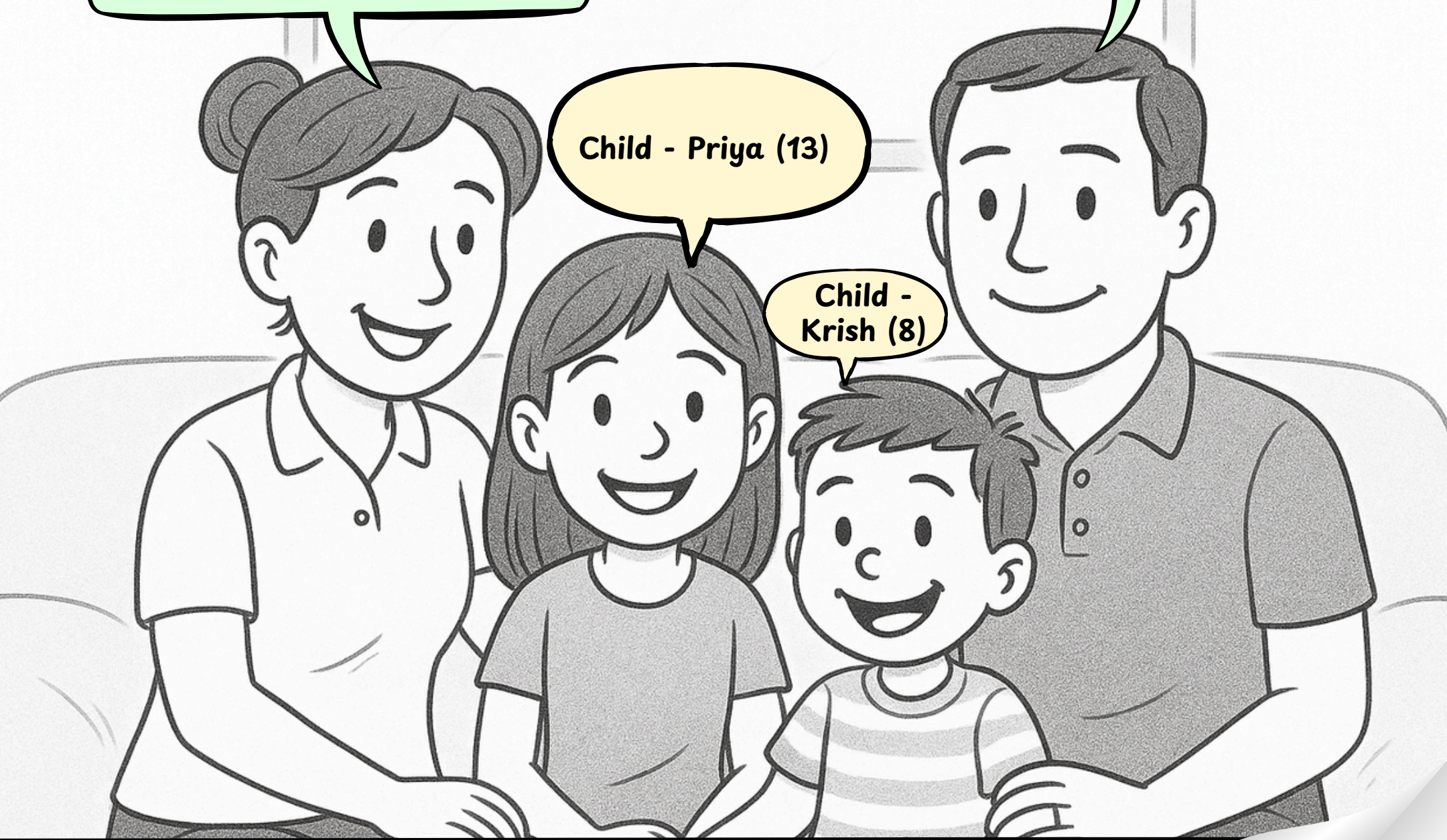
# Sharma Family Diaries

Meera  
( Mom - remote entrepreneur )

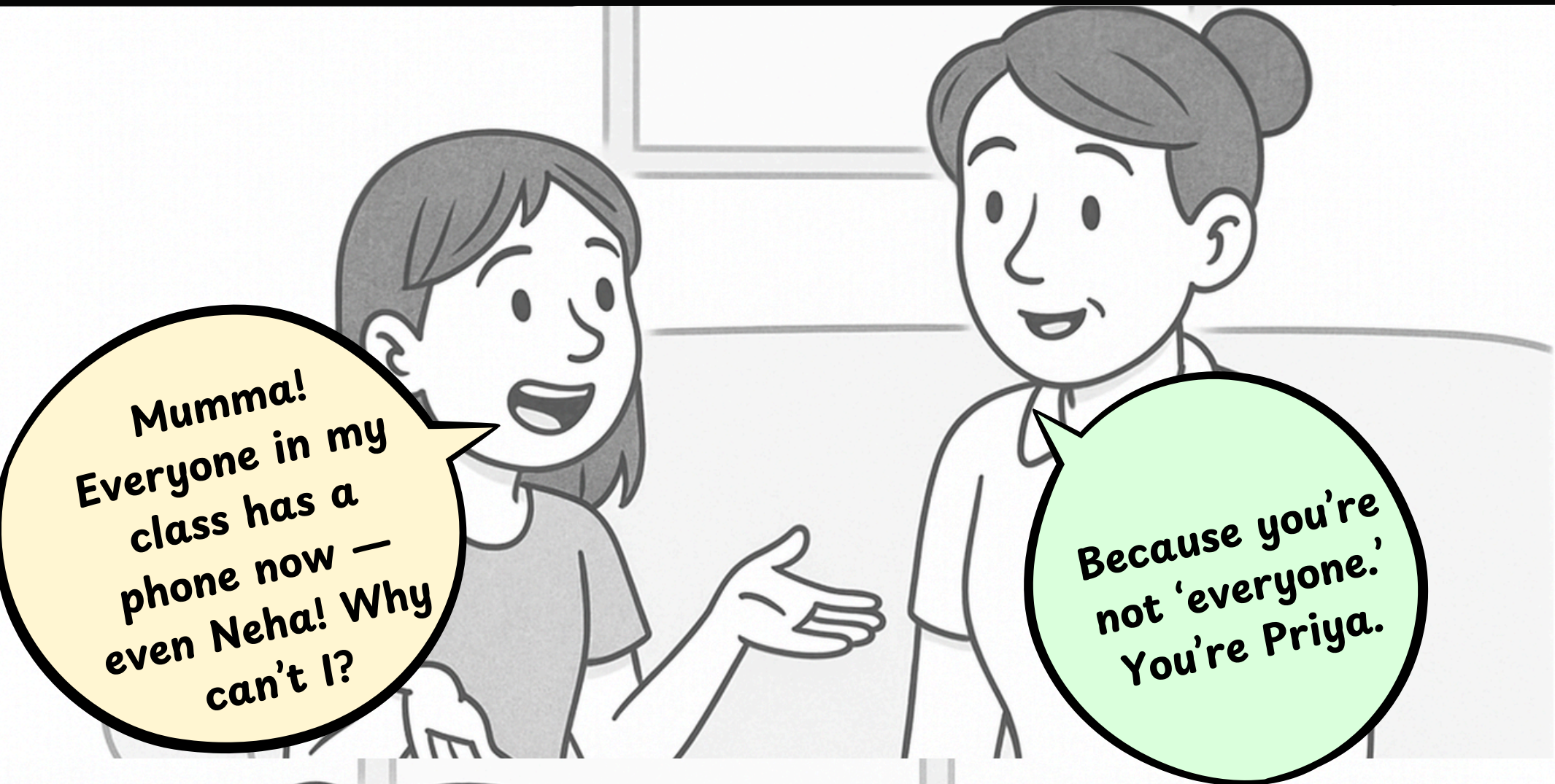
Rajeev  
( Dad - busy CEO )

Child - Priya (13)

Child - Krish (8)



# Evening.



Later that night, Meera sits beside Rajeev.


*It's not just about wanting a phone... it's the endless screen time, the distractions, the cost — everything.*



Hmm. Maybe we can help her understand what comes with having one.  
Not just say no.

Yes... she needs to see the 'why,' not just the 'no.'





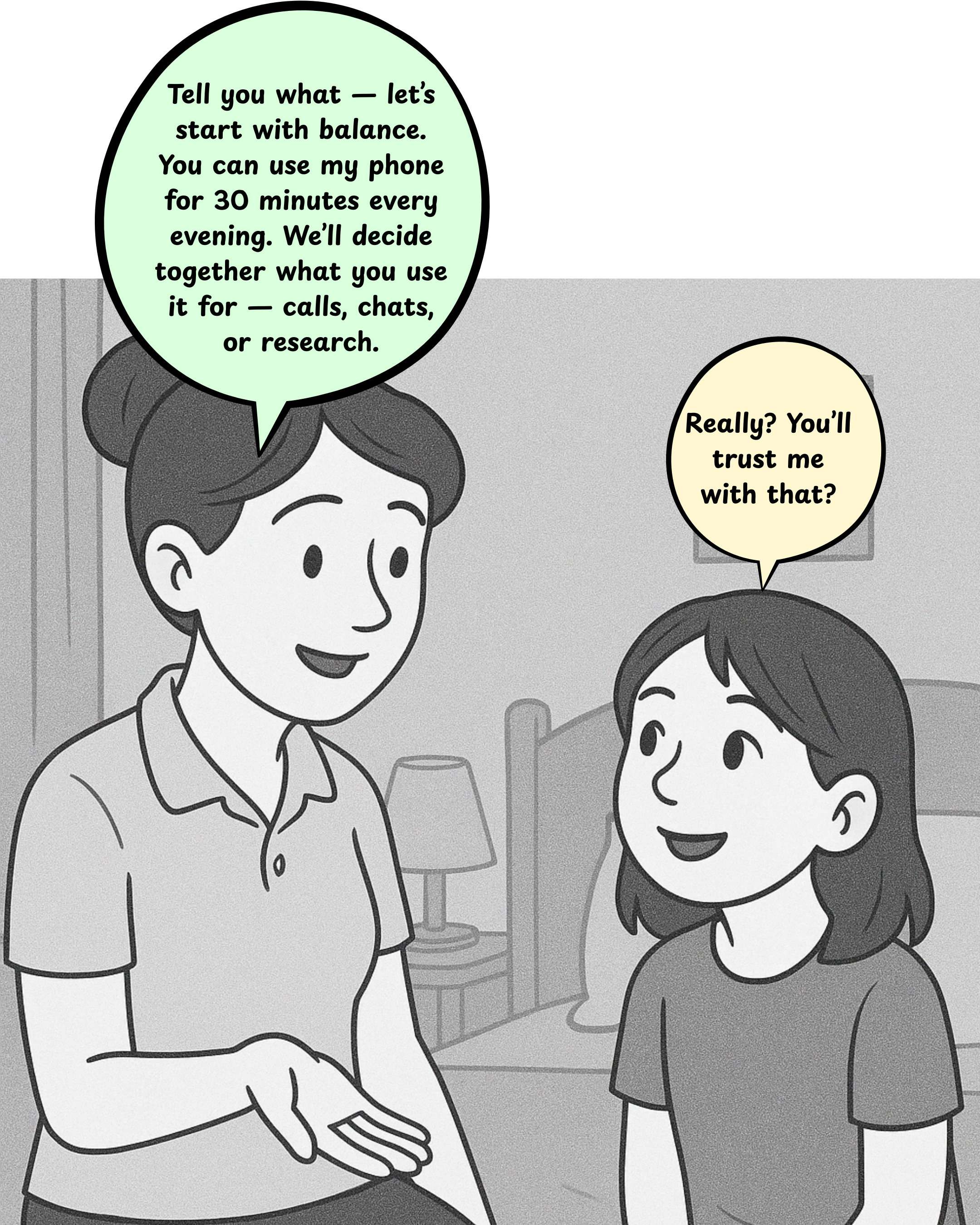
**You'll just  
say no  
again.**

**I'll listen first.  
Why do you want  
a phone?**




**Because all my  
friends have phones...  
and I feel left out  
when they talk  
about their group  
chats.**

**That sounds like you feel  
lonely, beta. But you know  
what worries me? Too much  
screen time — it can affect  
your focus, your sleep, even  
your mood.**



**Tell you what — let's start with balance. You can use my phone for 30 minutes every evening. We'll decide together what you use it for — calls, chats, or research.**

**Really? You'll trust me with that?**



**Yes. But you'll also  
create your screen-  
free plan - like walks  
or reading.**

**Okay,  
deal.**

Sounds like you  
both just cracked  
the 'phone  
problem.'



## Lesson:

When children ask for things, they're not just seeking permission — they're seeking to be understood.

Teach them balance, not denial.

Values stick better when learned through trust, not control.

