

WFWP USA: One Habit That Could Change Your Quality Times - Simple Digital Wellness Tips for Busy Families

Naomi Tanaka
August 15, 2026



Have you ever looked up from your phone and realized the time somehow slipped away?

I know I have.

Sometimes I pick up my phone to check the weather or respond to a quick notification. Before I know it, I checked a few emails, answered a couple of texts that I've been neglecting, and somehow ended up scrolling through social media. Meanwhile, my family is in the same room, but we're not really together.

As moms, our phones are often our calendars, grocery lists, recipe books, cameras to capture precious moments, and connection to the outside world. They're incredibly useful, but they also have a way of constantly pulling our attention away in different directions. And often it just becomes one more thing competing for our focus.

Recently, I've been trying one simple habit that's made a bigger difference than I expected:

Before I answer my son, I make eye contact.

It sounds almost too simple, but it changes everything. Instead of saying, "Uh-huh..." while

finishing a text or scrolling through my grocery list, I pause for just a moment. I look up. I meet his eyes. Then I answer.

That tiny pause tells him something words can't always express:

"I'm listening."

"You have my attention."

"What you're saying matters to me."

I've also noticed that my son knows when I'm truly listening. He can tell the difference between hearing him while glancing at a screen and giving him my full attention. Children don't always need long conversations or elaborate activities. Often, they simply want to know they've been seen and heard.

I'm still not perfect at this. There are nights when dinner is burning and a pile of laundry is waiting to be

folded in our bedroom. But I've noticed that when I stop and intentionally look at my son before responding, something beautiful happens.

Conversations last a little longer. He tells me one more story about his day. Sometimes he just lights up with the brightest smile. It's as if that brief moment of connection opens the door to a deeper quality time. I've also realized something else: it's much easier to be fully present when we're not surrounded by distractions. That's why we've been trying to spend a little more intentional time outdoors as a family.

Nothing elaborate, but something like a walk around the neighborhood after dinner, a drive to the local park, or sitting on the porch while he plays. And when I do, I am intentionally putting my phone down. There's something about being outside that naturally slows us down. We notice birds singing, point out interesting clouds, collect leaves, or simply enjoy the fresh air together.

Without even trying, we start talking more. The pressure to "entertain" disappears, and connection happens naturally. These simple outings have reminded me that family memories aren't always made during big vacations or special occasions. More often, they're found in ordinary evenings when we choose to be fully present with one another.

This Week's Gentle Challenge to You

The next time your child says, "Mom?", pause for just a moment before you answer. Look into their eyes, and really listen.

And sometime this week, step outside together, even if it's only for fifteen or twenty minutes. The dishes and notifications can wait. The emails will still be in your inbox there later. But your child's stories, laughter, and little moments of wonder are happening right now.

Those are the moments worth looking up for.

Of course, there are evenings when work emails need to be answered or life simply feels hectic. This isn't about guilt or getting it right every day. It's about choosing one small habit that reminds us what matters most.