

A NOTE FROM OUR TEAM

Welcome to our Spring 2026 newsletter. This season we're focusing on something we hear about often in our practice: the quiet disconnection happening inside families — and the small, intentional steps that can bring people back together.



RECLAIM THE RELATIONSHIP

There is a quiet heartbreak happening in homes across the country: parents sitting in the same room as their children, yet feeling completely alone. The smartphones in our children's hands are stealing the small, irreplaceable moments that make a family feel like a family — the eye contact across the dinner table, the unhurried conversations, the simple comfort of just being together without distraction.

If this resonates with you, take one small step today: Put down your own phone, invite your child to do the same, and reclaim even 20 minutes of genuine connection.

You are not overreacting. What you are feeling is real, and it is worth addressing.

6 TIPS FOR RECONNECTING WITH YOUR CHILD

Create phone-free time zones

- 1 Set designated phone-free windows each day — during dinner, the first 30 minutes after school, or the hour before bed.

Build device-free rituals together

- 2 Cook a meal, take a walk, play a card game, or watch a show with phones in another room — low-pressure, high-connection.

Aim for 20 minutes of undivided presence

- 3 Consistency matters more than duration. Twenty focused minutes daily beats an occasional hour.

Use "I" statements

- 4 Say "I miss spending time with you" rather than accusatory language. It opens doors instead of shutting them.

Create a Family Media Agreement

- 5 Work on screen boundaries together as a household so rules feel collaborative rather than punitive.

Lead with empathy

- 6 Children often don't realize how their habits affect the people around them. Curiosity disarms defensiveness.

Want to go deeper? Read our blog:
DISCONNECTED ... UNDER THE SAME ROOF -> www.zphgroup.com/blog

FURTHER READING & RESOURCES



Reclaiming Conversation — Sherry Turkle

A compelling argument for why face-to-face conversation still matters —and how to get it back.

The Anxious Generation — Jonathan Haidt

A deep look at how smartphones and social media are reshaping adolescent mental health — and what we can do about it.

Screenwise — Devorah Heitner

Practical guidance for helping kids thrive in their digital world without banning screens entirely.

The Art of Screen Time — Anya Kamenetz

A research-backed, non-alarmist guide to balancing technology with childhood development.

RECENT BLOGS

ChatGPT Is Not Your Therapist

AI can offer information, but it cannot offer the attuned, relational presence that real healing requires. Here's why the difference matters.

[Read on zphgroup.com ->](#)

Big Emotions Usually Mean Big Feelings

When a child melts down over something small, it's rarely about the small thing. We explore what's really going on beneath the surface.

[Read on zphgroup.com ->](#)

The Winter Slump & Spring Semester Fatigue

That mid-year exhaustion is real — for students and parents alike. Strategies for finishing the school year strong.

[Read on zphgroup.com ->](#)

GET IN TOUCH

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