

3 Ways to Love Your Family With Technology

When it comes to relationships, technology has developed a bit of a bad reputation, and some of it is certainly justified. So many parents are living with digitally distracted kids and diminished family time.

But before you completely hop on the bandwagon of banning technology from your home and life, consider how you can use technology to your advantage in your relationships with your spouse, kids and grandkids.

Get started with these three ways to love your family with technology:

1. Skype, Google Hangout or Facetime your college and career kids: One of my favorite ways to reconnect with my grown kids is to FaceTime with them. Like I mention in my blog “10 Ways to Turn Technology from Foe to Friend,” this gives us the opportunity to talk face-to-face and even lets them say hi to our dogs too!

2. Post old and new pictures of your spouse or kids on Instagram, Facebook or iCloud: Let your family know you’re thinking of them by posting and tagging old pictures. Remind your daughter how sweet she looked with her two front teeth missing or remind your son how he looked in diapers. You can add an LOL on that post! Also, with iCloud Photo Sharing, you can stream your photos between family members. This is a great way to keep in touch and see your little grandkids or nieces and nephews who don’t live in the same town as you do grow up. You can still stay connected through pictures without having to post them to others on Facebook.

3. Start a group text: A great way to ensure that your entire family stays connected is by starting a group text. Update

each other with news, fill it with silly selfies, short videos of you doing something funny or photos of something interesting you're doing. I send Bible verses to my entire family each week in a group text. For more ideas on what to say, check out these "10 Texts to Send to Your Kids or Grandkids in the Next 10 Days."

What are some other ways we can love our families with technology?

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