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## **A Phone-Loving Mom's Confession: How to Make Every Moment Matter**

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When I read that [20% of moms spend 6+ hours a day on their phone](#), I gasped – *what?* Who are these moms and where do they find the time? Shouldn't they be reading their kids a book, busy at work or getting some sleep?

Well, I'm not going to add it up exactly, but after trying, it hit me. I am one of those moms.

I remember reading [headlines](#) a few years ago that claimed people aren't *addicted* to their iPhones, they actually *love* them – feel real love. Somehow this was scientifically proven, of course, and I remember thinking that was crazy – *who loves* a phone?

Fast forward to today: two full-time working parents, three active kids and little time to do anything but make it to daycare pick-up, open gym and a band concert on time (or a few minutes late anyway).

And truth is...I think I might actually *love* my phone.

Yes, it keeps me on task, tracks my exercise, helps me decide what's for dinner, gets me where I need to go, stores my grocery list and wakes me up in the morning. But, it also makes me happy – it lets me do the things I love to do, whenever and wherever I have a second.

I love that I can capture every moment of my children's lives and instantly share them with family far away. I would know nothing about my friends if I wasn't able to message them or browse their Facebook wall while waiting for a practice to end. And, I can catch up on *all* my favorite shows from anywhere, albeit in 10 minutes chunks of time.

Oh and then there's shopping. Remember that thing some people actually get to do at the mall? I shop from everywhere – riding in the car, on my lunch break or during halftime of a basketball game. I like to think I hold the record for the most transactions made during an episode of Mickey Mouse Clubhouse! And, when I'm not shopping, I'm browsing for what I'm going to buy next and do it right from my bleacher seat.

So, yes, I am that mom – on my phone for who knows how many hours a day, but it's not always about my to do list. Sometimes it's about me!

Do I love my phone? I do. I love what it can do for me.

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