

The Wagner Family Rhythm

This is a simple guide to our non-negotiable family commitments. This is what we protect.

Daily Rhythms

- **Family Dinner:** We eat together at the table with no phones or screens. This is our time to connect.
 - **Charlotte's Bedtime:** We read to Charlotte every single night.
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Weekly Rhythms

- **Date Night:** One night a week (or every other week) is reserved for Sami and Nick. This can be a night out or a planned night in, but it is intentional time together.
- **Unplugged Weekend:** We have at least one hour of “deep play” time every weekend with no devices. This could be a family walk, playing in the yard, or building a fort.
- **Goose’s Adventure:** Goose gets a long walk or a trip to the park at least once on the weekend.