



Mindsoother Therapy Center

Livingston, NJ

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MOBILE MANNERS

Being polite & having good manners are just as important as they have always been. Having a cellphone or a mobile device is not an excuse to forget our manners.

We will show good media manners by:

- ✓ Not looking at the phone or texting while talking with someone, or during mealtime
 - If it's truly urgent, we will say "excuse me"
- ✓ Not keeping the phone on (or under) the table during meals
 - Devices will not be brought to the table

