

"Dr. Dunckley's plan is sure to provide relief to
a great many children – and their families."
– CRAIG MALCOLM, PhD, instructor in psychology,
Harvard Medical School



RESET YOUR CHILD'S BRAIN

A FOUR-WEEK PLAN TO

**End Meltdowns, Raise Grades,
and Boost Social Skills
by Reversing the Effects of
Electronic Screen-Time**

Victoria L. Dunckley, MD



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Reset Your Child's Brain: A Four-Week Plan to End Meltdowns, Raise Grades, and Boost Social Skills by Reversing the Effects of Electronic Screen-Time



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A no-cost, nonpharmaceutical treatment plan for kids with behavioral and mental wellness challenges. Increasing amounts of parents grapple with children who are acting away without obvious reason. Revved up and irritable, a number of these children are identified as having ADHD, bipolar illness, autism, or various other disorders but don't respond well to treatment. They're then medicated, frequently with poor results and negative effects. Predicated on emerging scientific research and extensive clinical knowledge, integrative kid psychiatrist Dr. Victoria Dunckley has pioneered a four-week program to treat the frequent underlying trigger, Electronic Screen Syndrome (ESS). Dr. Dunckley discovered that a strict electronic fast single-handedly improves mood, focus, sleep, and behavior, regardless of the child. In contrast, she can easily overstimulate a child. Dr. Dunckley, such as computers, video games, smartphones, and tablets; Dunckley has found that everyday use of interactive screen products is a diagnosis. Dunckley provides hope for parents who feel that their child has been misdiagnosed or inappropriately medicated, by presenting an alternative explanation for their kid's all without cost or medication. The nervous system, triggering a number of stubborn symptoms. Provided now in this book, this basic intervention can produce a life-changing change in brain function and difficulties and a concrete plan for treating them.



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Well-meaning parents like myself think we are giving our kids a leg up in our highly digitized world by providing them with educational digital press. Reset Your Child's Brain has transformed my children with techniques I couldn't possess even imagined a month ago.- his personality is so a lot more even keeled; I cannot even believe that, however they did). I got suspected for some time that the iPad was especially disruptive to my 3 year previous, but I truly didn't think I could 'survive' without the peaceful that the tablets offered. Each effected in a different way by screen period. What would the youngsters Perform with all that time? We in fact didn't discuss the screen fast with him ahead of beginning, as I wanted in order to avoid a meltdown and thought making a big to-perform about any of it would make him concentrate more on devoid of the iPad. As a kid psychologist and parent, I read this book with my jaw hanging open. We actually began the fast before I was able to read thr reserve! I can't believe just what a complete turnaround it's been for us. We went from:- 3-5 meltdowns a time- fighting transitions between activities (positioning the iPad down to eat, bathe, leave the house, go to sleep, etc),- aggression towards his 1 year old brother,- and simply general instability in his personality (constantly walking on eggshells around him) to a kid who:- has 1 meltdown or less each day (he routinely has times without meltdowns and it's A lot more mild when it can happen),- transitions are no more an issue and don't cause meltdowns- he plays gently and enthusiastically with his younger brother; he even asks if he can hold the baby now! I am embarrassed to state that my 3 and 7 year old males were playing the iPad up to 10 hours a day (both had their own. small things no more arranged him off or induce meltdowns My 7 calendar year old used to routinely complain how BORED he was (after he previously viewed every video he was remotely interested in on YouTube). This was a real attention opener! I've implemented the plan and it worked well! It's incredible to start to see the issues and behaviors we were coping with and how quickly items turned around. He right now plays enthusiastically along with his playthings, pretending with everything from Superstar Wars to building with blocks, to drawing (without needing the iPad to think of things to draw). We've a stash of board games to enjoy in the evenings instead of stare at screens and There is that I totally TREASURE the extra time I spend engaged with them. I really believe Dr. Her electronic fast is a huge leap to take but if your child is truly floundering I'd think you would be willing to perform "anything. But four weeks in, they right now find their own activities to keep them occupied and entertained. The outcomes have been dramatic with my 3 year old. This reserve was a lifesaver for my children. husband. After the first fourteen days really it made an enormous difference. My 4 season old (going to turn 5 the following month) have been acting up quite a bit over the last year, and generally was very moody and temperamental. He was having daily tantrums and outbursts, at home and at pre-college, and his teachers had been concerned about his behavior too (he was extremely defiant, and once even threw a footwear at his instructor when she asked him to put up his coat!) He often seemed on edge, would have meltdowns often, and easily upset by also the smallest thing. Destroying kid's brains Pediatric psychiatrist gives solid research and personal experience about the devastating impact of the screen on young minds. Our family life is otherwise quite calm and stable therefore we just couldn't understand where all of this was via. After one very upsetting tantrum he previously at a relative's home, my husband and I were convinced there was an undiagnosed issue, perhaps adhd or defiance disorder or bipolar ("Dr" Google certainly wasn't helping us, as everything we appeared up seemed to describe him). I understood deep down there is my sweet small boy but his behavior had not been aligning with who we knew him to end up being and I was particular this was not regular and we had a need to do something to help him. We were feeling defeated and at our wit's end. I was about to make an appointment with his pediatrician

to look into having him screened for mood disorders, when that same day through serendipity and grace I ran across a link to 1 of the author's content articles online, and immediately ordered this reserve and started reading it. Thank you for opening our eyes to the danger to be on the displays to our young babies! As I appear back today on my notes I am simply dumfounded. We have all heard the dangers of an excessive amount of passive TV, but the hazards of the educational digital activities are certainly not as often called they should be! To my amazement (and horror) I found out those "stimulating" and "mind strengthening" video games we thought had been good for his brain were the root of the problem. We'd been pretty cautious about limiting passive television, but had no idea that the interactive video games on the iPad were even worse! Personally i think like overexposure to screens is normally such a widespread problem, especially when it comes to educational games. I'd say "You have an area full of toys your never play with. I wish this was common knowledge. Anyway, just before I even finished reading the publication, I actually hid his iPad about a high shelf and took away all other screen time, chilly turkey. I figured it was worth a go before we went down the formal diagnosis or medicinal path. The first few days were tricky, once we felt like we'd to entertain him much more. But I acquired stocked through to fun coloring books and brand-new toys like Jenga and dominos to provide him anytime he asked for the iPad. After googling 'is the iPad bad for kids' and stumbling upon Dr. Instead I just removed all screens with no warning while he slept and anytime he asked for this I told him "not at this time" and distracted him with something else fun to do. His meltdowns had been taxing on me and I would hold my breath every morning until I could obtain him to school. I imagine the old the child the more challenging the removal could be. After the first couple of days our son stopped asking for the iPad and I couldn't believe how easy that transition actually finished up being. I am hoping all parents take time to go through this and recognize how harmful screentime could be for all kinds of kids, but especially people that have neurodevelopmental issues (ASD, ADHD) or with mental health problems. I didn't hear "I'm bored" like I used to and he'd discover methods to play with playthings in creative ways (for instance, using parts from his art set to do something out a soccer match, or arranging his dinosaurs to do something out a story). His focus improved significantly too because the days went on. Simply yesterday he spent half an hour engrossed in playing with his trainset on his own. This used never to happen prior to the screen fast, aside from when he was playing on the iPad (that was component of the reason we relied onto it since it would maintain his attention whenever we needed time to get stuff carried out). The most incredible change has been his overall mood. My youngest, was most effected. It's even more a social encounter now, as eating ought to be. We utilized to utilize the iPad during food times too, as a way to maintain him seated and distracted enough to be fed during dinner. I am merely without words to describe what an improvement he has had during the screen fast. I was skeptical at first but tried out the recommendations as a final ditch effort and I really can see it changed our son's feeling and behavior. Even his teachers had been commenting on just what a difference these were seeing at school, and we'd not even shared with them that people were doing the display screen fast. He became a lot more calm and content and cooperative. I've initiated a television/tech fast for the family members and it's really going great so far. It seemed impossible that something as basic as reducing screen time would trigger such a drastic and dramatic difference in moods." and he'd respond with how boring ALL his toys were and there is nothing fun to do. I am still a little bit in disbelief. Get the best version of your child back! He used my friend's daughter as the adults chatted. Never--not once- in his existence have I been able to do that sort of thing without coping with interruptions or meltdowns. not merely helped me with my grandchildren

but also kids & It seems so obvious given that it had been the iPad stimuli causing our son's poor rest and moodiness and meltdowns. But we certainly would not have produced that realization without this reserve and doing the display screen fast. GRANDPARENTS! Purchase this book! Plus, our boy didn't have much screen time (or so I thought-- it actually finished up getting close to a couple of hours daily whenever we really tracked it) and besides, as we justified to ourselves, he only did iPad educational games. After years of therapy and looking for the right tools to give him to greatly help him with these issues, I found myself exhausted and out of concepts. It may have possibly also preserved us from searching for a medical medical diagnosis or medicating him for something unnecessarily. Insightful! After "grounding" my daughter from tv and technology for 14 days, and noticing how much happier she seemed along the way, I begun to do some research and stumbled upon this gem. I started writing down a daily log of our son's behavior just before we began the screen fast, and every day of the fast, just to record any improvement made. I highly recommend this book for anyone who suspects their children are being negatively suffering from the quantity of screen time they are experiencing, both at home and at school. "You'd me at 'Hello!' " If you are human and if you have any device with a screen on it, please browse this book. If you are a parent, then BUY IT! This books is usually split into 3 sections. Please browse at least the intro and section 1, that details the study and data that backs her statements. The premise is easy, and the effects profound. The book 100% turned my kid around If you need to save your valuable kid from what all the electronics is doing to his or her brain, please browse the book. It sounds sappy, but it's true. Dunkley will become hailed as a bringer of wisdom for a long period to arrive. She could have created it in half the number of pages, but I suppose due to how entrenched screens are inside our society, and predicated on her knowledge with families and customers she felt the necessity to expound and help trouble shoot every possible position. I read everything, but Dr. Dunkley, You had me at "Hello!" - that's chapter 1. He wasn't organized and had problems concentrating in school, however had no true symptoms of ADHD. What a great browse for parents with kids who are addicted to screen time. Go discover something. Recently I went to a friend's house with my son. If you are reading testimonials on this publication, "Reset Your Child's Brain", you then are probably wondering why your kids are acting like aliens who've come down and invaded your child human brain and turned them into difficult, moody, and depressed shells of themselves. PLEASE, do yourself and your child a favor by reading this book. You will have to put some function in as a mother or father and help information your son or daughter through this process, however the end result will end up being beyond worth it. I have 3 boys. How would I get anything completed? Dinnertime was challenging at first through the screen fast, however now he seems to be eating better and also aware of what's happening during dinnertime, not really lost in a display screen. He is 11 and has generally struggled with a pinch of melancholy, a pinch of OCD, and a little anxiety. Over the last calendar year of so, it has gotten even worse. I was prepared to medicate him. As a mother or father who was all out of ideas and desperate to find solutions, this book helped our family tremendously and helped our son to reemerge as the nice, kind, happy boy we knew him to be. He was therefore scattered at school. :) This is a must read! He's young plenty of that people still have full control over his access to screens. He frequently would make an effort to stay home, crying, stating was having stress about school because he felt therefore behind and dropped. The author does repeat herself a lot in the next sections, but don't let that deter you from trying the experiment. It is the BEST investment you may make in a child who has too much TV / computer / cellular phone time. In 30 to 60 times, I bet your son or daughter will have a MAJOR switch for the better. We had been walking on eggshells around him, embarrassed by

his outbursts, and constantly wondering what small point would arranged him off next. Great Book Must Go through for ALL PARENTS & I will recommend this book to every parent I can... this book so educational. We'd become so familiar with his moodiness and meltdowns, especially over the last year, that it's shocking now to discover him be able to play happily with his friend rather than get bored, not interrupt the adults, be friendly and sociable, and general so much more easygoing. Transformed our 4-yr-old I actually cannot express how grateful We am for this book! Most of us are entirely too distracted. A must read for parents in this technological age group. Dunckley's website and publication, I made a decision after that and there to consider it away. To my amazement he started to come up with activities to entertain himself because the days went on. Dr. Dunckley explains how excessive screen period (different for every kid what "extreme" means) causes or exacerbates a number of symptoms inside our children, especially irritability, poor self-regulation of feelings and behaviors, and interest complications. I was so worried that taking the iPads away means so much more work for me, finding things to keep them occupied and it 1st, it was more function." Dr. Dunckley manuals you with exquisite fine detail on how you can do this most effectively. Everything described seemed to fit my child exactly, but I was still skeptical. This book is amazing! Little did we realize the harm playing on the iPad, kindle fire was carrying out to our 4 year old grandson's brain! Cold turkey with the help of this book!?? Most go through for parents with grouchy electronic addicted kids This book was eye opening!!



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