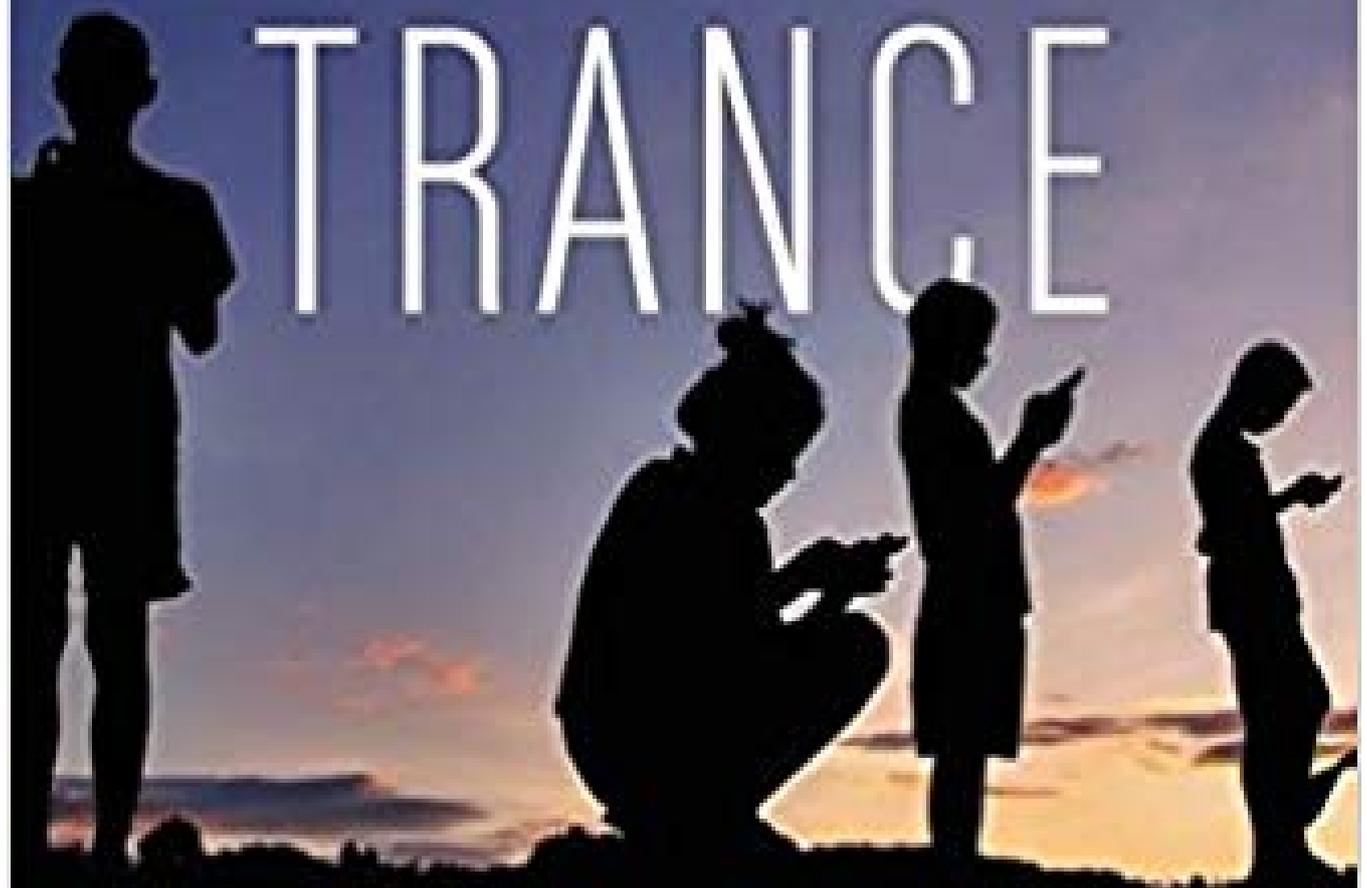


A PRACTICAL GUIDE FOR PARENTING THE  
SCREEN-DEPENDENT CHILD

# BREAKING THE TRANCE



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with CYNTHIA C. JOHNSON, MA

George T. Lynn

Breaking the Trance: A Practical Guide for Parenting the Screen-Dependent Child



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George is writer of the Survival Approaches for Parenting series, Genius! They are doing the best they can in line with the information available to them, which promises nothing can be achieved to avoid their children's display dependence. Cynthia C Johnson, MA, utilizes in-home individualized therapeutic tutoring to greatly help unique K&#150; Breaking the Trance does not blame parents or vilify technology, but it does provide parents clear and effective ways of implement immediately. The results will restore a feeling of treatment and connection within the family. George T. She actually is the founding director of the Venture Plan at Bellevue University in Washington, the initial degree program in the nation created for learners challenged with learning and intellectual disabilities. Recreational screen media use is certainly quickly replacing family time, by zero fault of parents. Nurturing the Spirit of the Crazy Oppositional Child and The Asperger Plus Kid. He has appeared on National Public Radio, Atmosphere America, and the Maury Povich Show to talk about his work with children who exhibit severe behavior problems. Parents looking for change require a new framework for action. She is a Certified Mediator Practitioner in Washington State. Lynn, MA, LMHC, is normally a psychotherapist from Bellevue, Washington, who provides pioneered the use of psychotherapy for adults and kids with neuropsychological issues. Her function has been presented by National Public Radio, the Chicago Tribune, Inside Higher Education, University Business Magazine, the Seattle Moments, and KIRO 7.12 learners reach their full potential.



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Lots of parent-friendly, down-to-earth suggestions that I could use in my practice. Wow! This is a must go through for parents, and for anybody getting together with children. The negative impact that technology is usually having on our children and people in general are alarming. This material has been useful every single day in my own clinical practice. These children will have problems succeeding in school and you will be unable to make a wholesome changeover to adulthood.... The partnership between "discovered helplessness" and screen dependence makes a whole lot of sense if you ask me. In order to enjoy healthy associations, and feel / be effective in the world the field of neuroscience has already established the necessity for having a range of experiences in daily life in purchase for the brain to operate properly. So many areas of development that are straight related to someone's standard of living depend on having many years of encounter, hands-on practice, and the ability to attach personal signifying to one's life experiences. This book has changed my kids for the better. What fails to develop (or is certainly underdeveloped) are inner assets for guiding one's unique sense of purpose, identification, creativity, coping strategies and additional foundational skills for quality of life. After reflecting on my own screen-dependence issues (i.e., becoming more firmly tethered to my "wise" phone, iPad, laptop), I'm recognizing a decrease in my own capability to maintain concentrate, direct and shift my attention, a reduction in the authenticity of my thoughts and suggestions, and an increased craving for media input. An eye-opening publication for me. Ground-breaking material and down-to-earth suggestions anyone can use and succeed at! Breaking the Trance goes on my must-examine list for my supervisees and clients (and my own children, too, once I get my very own screen dependence under control!). Well well worth your time. That is such a well crafted reserve about the scientific study around screen dependency. As a retired educator and grandma of five, I mentioned how early our youngsters have become glued to the display screen. After seeing some articles about the effects of screen time on kids, I did some more analysis and found this reserve. I noticed the authors speak on an area talk radio display and instantly ordered the book. The brilliance of the book lies in its practical strategy. The suggestions on how to are a family to wean the display is essential for today's family members. We need to work together with this teachers and administrators to put into action and enforce a zero-recreational screen media policy. I highly recommend this book for parents A gift to parents who want to navigate this new frontier. Screen dependence is normally and epidemic that appears to have contaminated us overnight. This book is a clearly written, comprehensive analysis of the problem and its own implications. Seeing the research on brain changes, personality shifts is truly compelling. As each aspect of this multifaceted issue is explored, an evidence-structured, systematic guide will get tools to deal with it head on. Many thanks to the authors intended for addressing the ongoing issue of the unbridled access our kids have to their devices in class. I've already recommended this broadly on social media and think it is important function for our age! I highly recommend this book for parents, grandparents, counselors, physicians and educators with this much-needed roadmap when planning on taking back control over these gadgets. If we work together, we are able to tamp down the rampant proliferation of display dependence, to the advantage of our children, our households and our society. It would follow that display screen dependence=brain training for over-dependence on instant gratification and info from outside sources.. This book has changed my kids for the better. a lot of the problems and was clear and concise in the solutions. I Highly recommend it for families struggling to spend time together or individuals just wanting more out of lifestyle! I now own 2 copies, one for myself and one for my waiting space (I'm a mental health therapist). Digital overuse is normally negatively affecting our relationships, morality and conversation. Reading Breaking the Trance actually woke me up! I was skeptical initially but used the recommendations and I really can see it transformed our son's feeling and behavior. My kids (ages 5 and 8) were addicted to their tablets. My initiatives to enforce screen time resulted in fighting and constant begging for "five more minutes." They never wanted to go outside plus they never played with their playthings. All they wanted to do when they came house from college was play on their tablets or view T.

Educate yourself on the negative effects of too much screen period that your children could be experiencing. Please go through **BREAKING THE TRANCE** to greatly help. This book is easy to learn and outlines what parents and teachers can do to take charge to avoid the damaging effects of electronic media. The discomfort most of us felt in trying to break from the display is evident actually for the adults aside from the kids! I highly recommend this book. Right now my kids play outside, read even more, play with their toys! My boy (now 2nd grade) isn't perfect, but his behavior at school has improved noticeably. Consequently, I took away their tablets in January and haven't provided them back (it's now October), and they don't view any TV during the week and maybe watch a film on the weekend. A must go through for parents, teachers and grandparents! This guidebook is an amazing resource to learn and make reference to, but remember, make sure you get two copies, one to loan out and something to maintain for yourself! A ground-breaking reserve that explains a problem affecting all of us, and balances these concerns with practical, reasonable strategies, some of which are so easy that anyone can pull it off making use of their kids (and themselves). It is so timely - our children are on tablets, telephones, computers and TV displays. The book is very easy to read with all sorts of illustrations and graphs to aid the reader. I didn't realize the consequences our children face in the future if we don't help them. Five Stars Very good book and incredibly timely for our time with the consequences of screens about our youngsters. You can find pages of footnotes - this book was well researched. 5 stars for such a timely and helpful reserve for all parents.

**EXCELLENT BOOK** I am a school counselor at an elementary school and I see so much screen dependency about young children. This is the generation where they have grown up having displays and it shows. This is an important book for our times. In a respectful and kind manner, the authors help parents transformation just how their family uses screens, with excellent suggestions and suggestions. The reserve is chock filled with research and shows beyond a doubt how important it is for this era to have stability with screens within their lives. Ignorance about unlimited use of electronic products by your children is an indicator of poor parenting. and it had been a fight to get them to do anything else. "You are in control. We cannot express how grateful I am because of this book! **WAKE UP PARENTS!** If they are bored, they discover something to occupy their period. Ignorance about unlimited usage of electronic devices by your kids is an indicator of poor parenting. Please go through **BREAKING THE TRANCE** to help you understand reasons for negative behavior your son or daughter may be exhibiting. The publication carefully describes the detrimental effect smart cell phones, video games, computers and other styles of electronic media can have on children. Do you worry about his social advancement and his curiosity in school assignments and homework? In my estimation it is a indication of thoughtful parenting to seek professional or outside help when you seem to have unsolvable problems with your children whether young or in to the teenage years. Don't defer what should be dealt with NOW. I know from experience that complications only get larger and may turn into a long time of recovery for a hurting kid. Reading this book is a first step in knowing if a problem exists. U. Learn from the research that has been done by professionals in the field and how they're helping those dependent on their gadgets overcome the urge to continue destructive behavior patterns. Essential Reading and Practical Guide Concise, practical information for anyone with children trying to navigate beyond display dependence. Another outline of ways to empower families to rise above what's become a societal norm and promote change in behaviors that may reconnect them with one another. I also like this it's compiled by a psychotherapist and an extremely credentialed educator.." "You are in control." This quote came directly to me from one of the authors. I needed this reminder. Without every parenting minute will feel just like you possess control, "Breaking the Trance", truly is a practical guideline that provides encouragement and support so we can figure out how to get our children back to reality.. When kids spend a lot of time on screen mass media it could harm the advancement of their brain, personality, and physical development and prevent their being active participants in family life. to be actual, do true to life things, have true goals, see real close friends, and experience real life ups and downs. All of these real

encounters can help our kids grow up and learn to cope, respond, become engaged, and revel in being confident in themselves. I wrote an assessment earlier but don't view it here and so I'm writing this again because I must say i want to touch upon this book. Parents: End children's unhealthy overuse of display screen media. Help them succeed in school and family existence by **GAINING CONTROL!** As a former teacher and speech pathologist this is a must go through for all parents and anyone mixed up in education of children. Is his/her advancement being thwarted by a lot of time gaming, etc?. I'm beginning to notice a primary relationship between quantity of my clients' display time and their degree of skill and maturation, which affects areas such as managing feelings, tolerating distress, independent considering and problem solving, decision producing, self-awareness, self-esteem, self-regulation, the list goes on. Plus my 1st grader was having behavior problems at school. I am informing all my friends to buy this book! Five Stars Found it very helpful identified. This book is completely awesome!



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