

"Dr. Dunckley's plan is sure to provide relief to  
a great many children - and their families."  
- CRAIG MALKIN, 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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Increasing numbers of parents grapple with kids who are acting out without obvious reason. Revved up and irritable, a number of these children are diagnosed with ADHD, bipolar illness, autism, or additional disorders but don't respond well to treatment. Dr. Victoria Dunckley has found that everyday usage of interactive screen devices — Offered today in this book, this simple intervention can create a life-changing change in human brain function and help your child get back on track — In addition, it reduces the need for medicine and renders other remedies more effective. Dr. Dunckley's nervous program, triggering a number of stubborn symptoms. Dr. Dunckley provides expectant parents who believe that their child has been misdiagnosed or inappropriately medicated, by presenting an alternative explanation for their kid's found that a strict, extended electronic fast single-handedly improves feeling, focus, rest, and behavior, whatever the child's diagnosis. can easily overstimulate a kid's such as computers, video gaming, smartphones, and tablets — all without cost or medication. While no one in today's connected world may completely shun electronic stimuli, Dr. In contrast, she' Victoria Dunckley has pioneered a four-week program to treat the frequent underlying cause, Electronic Screen Syndrome (ESS).



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It's incredible to start to see the problems and behaviors we were dealing with and how quickly factors turned around. We had been strolling on eggshells around him, embarrassed by his outbursts, and constantly wondering what small issue would arranged him off next. I am embarrassed to say that my 3 and 7 year old boys had been playing the iPad up to 10 hours a day (they each had their very own. I can't even believe that, but they did). I experienced suspected for quite a while that the iPad was particularly disruptive to my 3 year aged, but I must say i didn't think I could 'survive' without the tranquil that the tablets provided. If you are reading reviews on this book, "Reset Your Child's Brain", you then are most likely wondering why your children are acting like aliens who've come down and invaded your child brain and turned them into difficult, moody, and depressed shells of themselves. What would the youngsters DO with all that point? After googling 'is the iPad harmful to kids' and stumbling upon Dr. Dunckley's website and reserve, I made a decision after that and there to take it away. We in fact didn't discuss the display fast with him prior to beginning, as I needed in order to avoid a meltdown and thought making a big to-do about it would make him concentrate more on devoid of the iPad. The results have already been dramatic with my 3 year previous. We went from:- 3-5 meltdowns a day time-fighting transitions between activities (putting the iPad down to eat, bathe, go out, go to sleep, etc),- aggression towards his 1 year old brother,- and just general instability in his personality (constantly going for walks 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 also asks if he can hold the baby now! Get the very best version of your child back! small factors no longer established him off or result in meltdownsMy 7 year outdated utilized to routinely complain how BORED he was (after he had watched every video he was remotely interested in on YouTube). I would say "You have a room filled with toys your under no circumstances play with. Insightful!" and he'd respond with how boring ALL his playthings were and there is nothing fun to do. He now takes on enthusiastically with his playthings, pretending with everything from Celebrity Wars to building with blocks, to drawing (without using the iPad to think of issues to draw).It seems so obvious now that it was the iPad stimuli leading to our son's poor rest and moodiness and meltdowns. It noises sappy, but it's true. I was so concerned that acquiring the iPads away would mean so much more work for me, finding things to keep them occupied and it initial, it was more work. But 4 weeks in, they today find their own activities to keep them occupied and entertained. Each effected differently by screen period. This reserve was a lifesaver for my children. He was so scattered at school. I was skeptical at first but tried out the recommendations as a final ditch work and I really can see it transformed our son's feeling and behavior. PLEASE, do yourself and your kid a favor by reading this book. He was having daily tantrums and outbursts, in the home and at pre-school, and his teachers were worried about his behavior as well (he was extremely defiant, as soon as even threw a footwear at his instructor when she asked him to put up his coat!) He generally seemed on edge, would have meltdowns often, and quickly upset by even the smallest thing. Reset Your Child's Mind has transformed my children with techniques I couldn't have even imagined a month ago. Us life is otherwise pretty calm and stable therefore we just couldn't understand where all this was coming from. Following the first few days our son stopped asking for the iPad and I couldn't believe how easy that transition actually finished up being. I knew deep down there was my sweet small boy but his behavior was not aligning with who we understood him to be and I was specific this was not normal and we needed to do something to greatly help him. We were feeling defeated and at our wit's end. I was about to make an

appointment with his pediatrician to consider having him screened for mood disorders, when that same time through serendipity and grace I came across a link to 1 of the author's content articles online, and then immediately ordered this reserve and started reading it. Everything referred to seemed to fit my child specifically, but I was still skeptical. It seemed impossible that something as simple as reducing screen period would cause such a drastic and dramatic difference in moods. Plus, our boy didn't have much screen time (roughly I thought-- it actually finished up being close to a couple of hours daily when we really tracked it) and besides, as we justified to ourselves, he only did iPad educational games. To my amazement (and horror) I then found out those "stimulating" and "brain strengthening" games we thought were good for his brain were the main of the problem. We had been pretty careful about limiting passive television, but had no proven fact that the interactive games on the iPad were a whole lot worse!! This was a real eye opener! Instead I just removed all screens without notice while he slept and anytime he asked for this I told him "not really right now" and distracted him with something else fun to do. Anyway, before I also finished reading the book, I actually hid his iPad about a high shelf and took away all the screen time, cool turkey. I figured it was worth a shot before we went down the formal medical diagnosis or medicinal route. We have all heard the dangers of too much passive TV, however the dangers of the educational digital activities are certainly not as commonly known as they must be! But I got stocked through to fun coloring books and fresh toys like Jenga and dominos to provide him anytime he asked for the iPad. We in fact began the fast before I could read the book! I wish this is common knowledge. He's young enough that we still have full control over his access to screens. We used to utilize the iPad during meal times too, in an effort to keep him seated and distracted plenty of to be fed during supper. After one very upsetting tantrum he previously at a relative's house, we were convinced there is an undiagnosed issue, maybe adhd or defiance disorder or bipolar ("Dr" Google certainly wasn't assisting us, as everything we looked up seemed to explain him). To my amazement he began to come up with activities to entertain himself as the days continued. I didn't hear "I'm bored" like I utilized 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 tale). He played with my friend's daughter as the adults chatted. Simply yesterday he spent around 30 minutes engrossed in using his trainset by himself. This used to never happen before the screen fast, aside from when he was playing on the iPad (which was component of the reason we relied on it since it would keep his attention when we needed time to get stuff done). I imagine the old the child the more difficult the removal may be. The author does repeat herself a whole lot in the next sections, but don't allow that deter you from using the experiment. Dunckley manuals you with exquisite detail on how you can do this most effectively. Probably the most incredible change has been his overall disposition. I am just without words to describe what a noticable difference he has had through the display fast. But we certainly would not have made that realization without this reserve and doing the screen fast. this book so informative. I have 3 boys. As a kid psychologist and mother or father, I read this publication with my jaw hanging open up. As I appear back right now on my notes I am just dumfounded. Buy this publication! I'll recommend this reserve to every mother or father I could. Recently I went to a friend's house with my son. His focus improved significantly too as the days continued. Never--not really once- in his life have I had the opportunity to do that type of thing without coping with interruptions or meltdowns. We had become so accustomed to his moodiness and meltdowns, especially over the last year, that it is shocking now to find him have the ability to play happily with his friend rather than get bored, not really interrupt the adults, end up being friendly and sociable, and

overall so much more easygoing. 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 period I spend involved with them. After the first fourteen days really it made a huge difference. I am still a bit in disbelief. Personally i think like overexposure to displays is such a widespread problem, especially when it involves educational games. Well-indicating parents like myself think we are giving our children a leg up in our highly digitized globe by giving them with educational digital press. The first couple of days were tricky, once we felt like we had to entertain him much more. As a parent who was all out of concepts and desperate to find solutions, this publication helped our family tremendously and helped our child to reemerge because the sweet, kind, happy boy we knew him to be. It may have potentially also saved us from searching for a medical medical diagnosis or medicating him for something unnecessarily. Go find something. 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 study and stumbled upon this gem. I've initiated a tv/tech fast for the family and it's really going great up to now. I highly recommend this book for anyone who suspects their kids are being negatively affected by the amount of screen time they're experiencing, both at home and at school. "You had me personally at 'Hello! After years of therapy and looking for the right equipment to give him to help him with these issues, I found myself exhausted and out of suggestions. If you are a parent, after that BUY IT! This books is usually divided into 3 sections. Over the last calendar year of therefore, it has gotten even worse. The premise is simple, and the effects profound. Dinnertime was complicated at first during the screen fast, but now he seems to be eating better and also aware of what's happening during dinnertime, not lost in a screen. I really believe Dr. Dunckley will be hailed as a bringer of wisdom for a long period to come. She could have created it in half the amount of pages, but Perhaps because of how entrenched displays are in our society, and predicated on her encounter with families and clients she felt the need to expound and help trouble shoot every possible angle. I read everything, but Dr. Dunckley, You'd me at "Hello!" - that's chapter 1. Dr. What a great go through for parents with kids who are dependent on screen time. He often would make an effort to stay house, crying, saying was having anxiousness about college because he felt therefore behind and lost.- his personality is so much more even keeled; How would I get anything completed? My 4 year aged (going to turn 5 next month) have been acting up quite a bit over the last yr, and generally was extremely moody and temperamental. You will have to put some work in as a parent and help guideline your son or daughter through this process, but the end result will end up being beyond worth it. He became a lot more calm and happy and cooperative. I cannot believe what a full turnaround it's been for us. My youngest, was most effected. GRANDPARENTS. Please go through at least the intro and section 1, that details the research and data that backs her statements. Dunckley explains how excessive screen period (different for each kid what "excessive" means) causes or exacerbates a number of symptoms in our children, specifically irritability, poor self-regulation of emotions and behaviors, and attention problems.' " In case you are human and if you have any device with a screen on it, please read this publication. Transformed our 4-yr-old I cannot express how grateful We am for this book! He wasn't structured and had trouble concentrating in school, however had no true symptoms of ADHD. His meltdowns had been taxing on me and I would hold my breath every morning until I could obtain him to school. I've applied the program and it worked! The book 100% turned my kid around If you need to save your valuable child from what all of the electronics does to his / her brain, please browse the book. It is the BEST investment you may make in a child who has too much TV / computer / cellular phone time. I hope all parents take time to go through this and realize how harmful screentime could be for all kinds of kids, but

especially those with neurodevelopmental problems (ASD, ADHD) or with mental health issues. Destroying kid's brains Pediatric psychiatrist gives solid research and personal experience in the devastating impact of the screen about young minds. Great Book Must Browse for ALL PARENTS & He's 11 and has usually struggled with a pinch of unhappiness, a pinch of OCD, and a little anxiety... Also his teachers had been commenting on just what a difference they were seeing at college, and we'd not even shared with them that we were doing the screen fast. not only helped me with my grandchildren but also kids & husband. We all are entirely too distracted. A must go through for parents in this technological age group. I started writing down a daily log of our son's behavior just before we began the display screen fast, and each day of the fast, just to record any progress made. In 30 to 60 days, I wager your child will have a MAJOR switch for the better. :) This is essential read! I was ready to medicate him. Her electronic fast is a huge leap to take if a child is actually floundering I would think you would be willing to do "anything." Dr. It's more a cultural experience right now, as eating should be. Thank you for opening our eye to the danger to be on the displays to your young babies! This book is amazing! Little did we know the harm playing on the iPad, kindle fire was doing to your 4 year previous grandson's brain! Chilly turkey with the help of this book!?? Most browse for parents with grouchy electronic addicted kids This book was eye opening!!



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