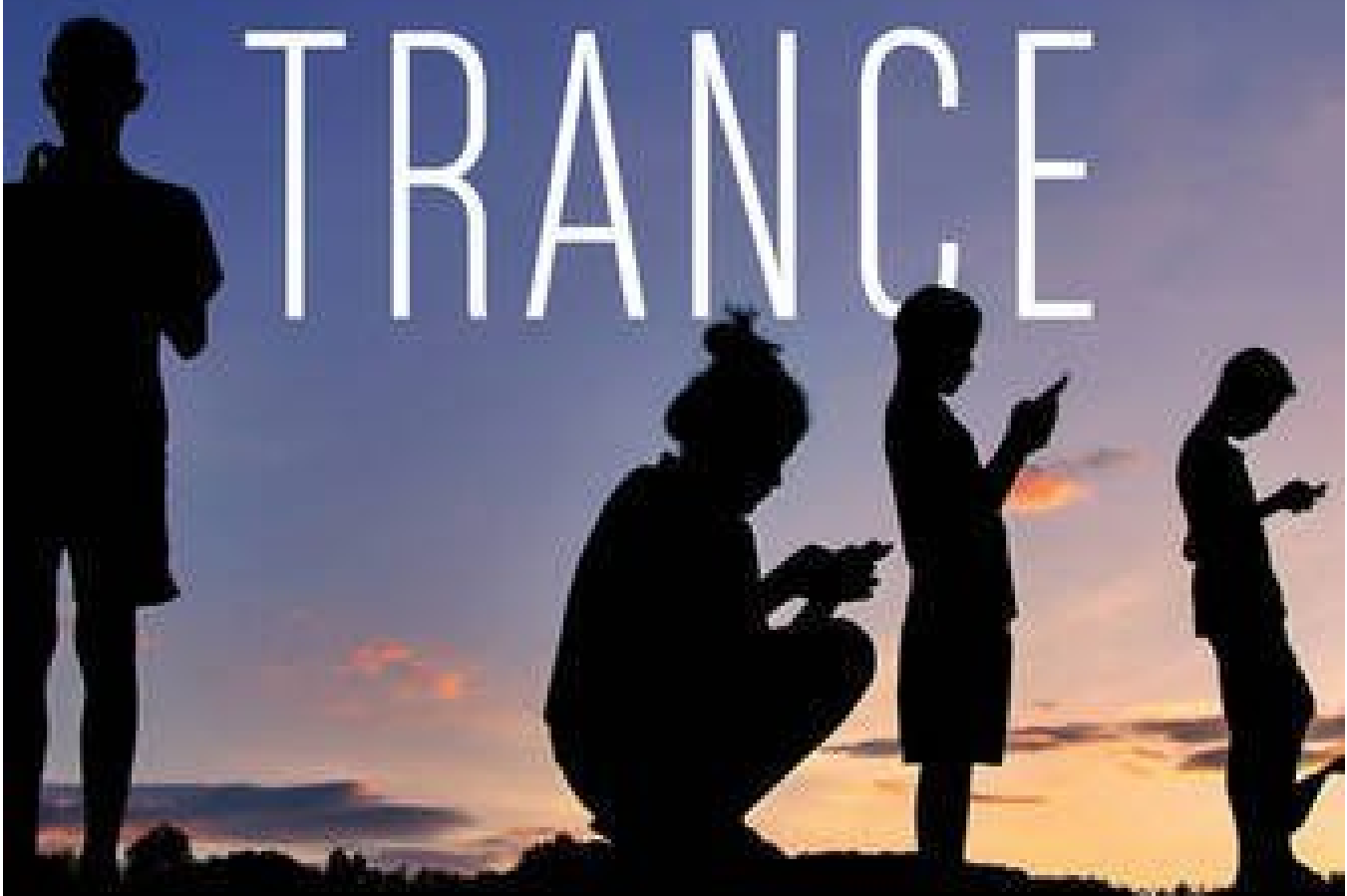


A PRACTICAL GUIDE FOR PARENTING THE  
SCREEN-DEPENDENT CHILD

# BREAKING THE TRANCE

The background of the cover features a sunset sky with orange and yellow hues. In the foreground, the silhouettes of four children are visible against the horizon. From left to right: a boy standing and holding a phone, a girl crouching and looking at a phone, a girl standing and holding a phone, and a boy standing and holding a phone.

GEORGE LYNN, MA, LMHC

WITH CYNTHIA C. JOHNSON, MA

*George T. Lynn*

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



[continue reading](#)

She actually is the founding director of the Venture System at Bellevue University in Washington, the initial degree program in the nation created for students challenged with learning and intellectual disabilities. They're doing the greatest they can in line with the information available to them, which statements nothing can be done to avoid their children's screen dependence. Parents seeking modification need a new framework to use it. George T. George is certainly author of the Survival Approaches for Parenting series, Genius! Breaking the Trance will not blame parents or vilify technology, but it does provide parents obvious and effective ways of implement immediately. He has appeared on National Open public Radio, Air America, and the Maury Povich Present to talk about his use children who exhibit severe behavior problems. The outcomes will restore a feeling of treatment and connection within the family. Nurturing the Spirit of the Crazy Oppositional Child and The Asperger Plus Kid. Lynn, MA, LMHC, is usually a psychotherapist from Bellevue, Washington, who provides pioneered the use of psychotherapy for adults and kids with neuropsychological issues. Cynthia C Johnson, MA, utilizes in-home individualized therapeutic tutoring to greatly help unique K&#150;12 learners reach their full potential. Recreational screen media use is normally quickly replacing family time, by no fault of parents. Her function has been presented by National General public Radio, the Chicago Tribune, Inside Higher Education, University Business Magazine, the Seattle Times, and KIRO 7. She is a Certified Mediator Practitioner in Washington State.



[continue reading](#)

Ground-breaking materials and down-to-earth suggestions anyone may use and succeed at! Wow! A ground-breaking reserve that explains a problem affecting all of us, and balances these problems with practical, realistic strategies, a few of which are very easy that anyone can draw it off with their children (and themselves). I today own 2 copies, one for myself and something for my waiting room (I'm a mental health therapist). This materials has been useful each day in my own clinical practice. I'm starting to notice a primary relationship between amount of my clients' display screen time and their degree of skill and maturation, which affects areas such as for example managing feelings, tolerating distress, independent considering and problem solving, decision making, self-awareness, self-esteem, self-regulation, the list goes on.. This book has changed my kids for the better.. The partnership between "discovered helplessness" and screen dependence makes a lot of sense to me. To be able to enjoy healthy relationships, and feel / succeed on the planet the field of neuroscience has brought the need for having a variety of experiences in lifestyle in purchase for the brain to function properly. So many regions of development that are directly related to someone's quality of life depend on having a long time of experience, hands-on practice, and the capability to attach personal signifying to one's life experiences. As a retired educator and grandma of five, I noted how early our youngsters have become glued to the display. What fails to develop (or is underdeveloped) are inner resources for guiding one's exclusive sense of purpose, identity, imagination, coping strategies and additional foundational skills for quality of life..e., becoming more tightly tethered to my "smart" phone, iPad, laptop computer), I'm recognizing a reduction in my own ability to maintain concentrate, direct and shift my attention, a reduction in the authenticity of my thoughts and concepts, and an increased craving for media insight. I wrote an assessment earlier but don't view it here therefore I'm writing this once again because I really want to comment on this book. My efforts to enforce screen period led to fighting and constant begging for "five more mins. I also like this it's compiled by a psychotherapist and a highly credentialed educator. The brilliance of the book lies in its practical approach. Thank you to the authors designed for addressing the ongoing problem of the unbridled access our kids need to their devices in class. This is an important book for our times. It would follow that display screen dependence=brain training for over-dependence on immediate gratification and information from outside resources. The discomfort most of us felt in trying to break from the display screen is evident even for the adults let alone the kids! Is his/her development being thwarted by too much time video gaming, etc? This book has changed my kids for the better. All of these real encounters can help our children grow up and learn to cope, respond, be engaged, and revel in being assured in themselves. I have already recommended this widely on social media and think it is important function for our age! I recommend this book for parents A gift to parents who want to navigate this new frontier. I didn't realize the results our children face later on if we don't help them. This book is a clearly written, comprehensive analysis of the issue and its own implications.). There are web pages of footnotes - this reserve was well researched. Well value your time. I highly recommend this book for parents, grandparents, counselors, physicians and educators with this much-needed roadmap when planning on taking back control of these devices. If we interact, we can tamp down the rampant proliferation of display screen dependence, to the benefit of our children, our families and our society.. In a respectful and kind manner, the authors help parents transformation just how their family uses displays, with excellent guidelines and recommendations. I was skeptical initially but tried out the suggestions and I really can see it transformed our son's mood and behavior. This book is absolutely awesome! V. The bad impact that technology is normally having on our kids and people in general are alarming. Digital overuse is usually negatively affecting our associations, morality and communication. Reading Breaking the Trance really woke me up! Seeing the research on brain changes, personality shifts is truly compelling. 5 superstars for such a timely and helpful book for all parents. Plenty of parent-friendly, down-to-earth recommendations that I could use in my practice." They never wanted to go outside plus they never used their toys. All they wanted to do if they came home from college was play on their tablets or view T. I Recommend it for

families struggling to invest time together or people just wanting even more out of lifestyle! and it had been a fight to encourage them to do other things. Plus my 1st grader was having behavior problems at school. After seeing some content about the consequences of screen time on kids, I did even more research and found this reserve. Consequently, I took aside their tablets in January and haven't provided them back again (it's now October), and they don't view any TV through the week and perhaps watch a film on the weekend. Right now my kids play outside, read even more, play with their toys. Five Stars Very good book and very timely for our time with the effects of screens on our youngsters. My child (now 2nd grade) isn't ideal, but his behavior at school provides improved noticeably. I highly recommend this book. A must go through for parents, teachers and grandparents! An eye-opening reserve for me. This is a must go through for parents, and for anyone interacting with children. It really is so timely - our kids are on tablets, telephones, computers and TV screens. "You are in charge. Screen dependence is definitely and epidemic that appears to have contaminated us over night. Breaking the Trance continues on my must-browse list for my supervisees and customers (and my own children, too, once I obtain my very own screen dependence under control! As each aspect of this multifaceted problem is explored, an evidence-structured, systematic guide is provided with tools to tackle it head on. I am informing all my friends to buy this book! EXCELLENT BOOK I am a school counselor at an elementary college and I see therefore much screen dependancy about young children. This is the generation where they will have grown up having screens and it shows. That is such a well written reserve about the scientific study around screen dependency. I actually cannot express how grateful We am for this book! The reserve is chock full of analysis and shows beyond a doubt how important it is for this era to have balance with screens within their lives. Ignorance about unlimited use of electronic gadgets by your children is an indicator of poor parenting. Make sure you browse BREAKING THE TRANCE to greatly help .After reflecting on my own screen-dependence issues (i.. WAKE UP PARENTS! We have to work together with our teachers and administrators to put into action and enforce a zero-recreational screen media policy. Ignorance about unlimited use of electronic gadgets by your kids is a sign of poor parenting. In my estimation it is a indication of thoughtful parenting to get professional or outside help when you seem to have unsolvable problems with your children whether young or in to the teenage years. I heard the authors speak on a local talk radio display and immediately ordered the reserve. Do you worry about his social development and his interest in school assignments and homework? Make sure you examine BREAKING THE TRANCE to assist you understand reasons for unfavorable behavior your child could be exhibiting. Don't put off what should be handled NOW. Reading this book is an initial part of knowing if a issue exists. I understand from experience that problems only get bigger and could turn into years and years of recovery for a hurting kid. Understand the negative results of too much screen period that your children may be experiencing. Learn from the research that has been done by the experts in the field and how they are helping those dependent on their products overcome the urge to keep destructive behavior patterns. Essential Reading and Practical Guide Concise, practical guidebook for anyone with children trying to navigate beyond screen dependence. A relevant outline of techniques to empower families to go up above what's become a societal norm and promote switch in behaviors that will reconnect them with one another. If they're bored, they discover something to occupy their period. The book is quite easy to read with all sorts of illustrations and graphs to aid the reader." "You are in charge. Parents: STOP children's unhealthy overuse of display media. I needed this reminder. Without every parenting moment will feel like you possess control, "Breaking the Trance", really is a practical guide that provides encouragement and support so we can learn to get our children back to truth... to be genuine, do real life things, have actual goals, see real friends, and experience real life good and the bad. The recommendations on how to work as a family group to wean the display screen is essential for today's family members. This guide book can be an amazing resource to read and refer to, but remember, make sure you get two copies, someone to loan out and something to keep for yourself!" This quote came right to me in one of the authors. Help them flourish in

school and family existence by GAINING CONTROL! As a former instructor and speech pathologist that is a must browse for all parents and anyone involved in the education of kids. The book cautiously describes the detrimental impact smart phones, video games, computers and other forms of electronic media might have on children. When children spend too much time on screen mass media it can harm the development of their brain, character, and physical development and prevent their being active participants in family lifestyle. This book is easy to learn and outlines what parents and teachers can perform to take charge to stop the damaging effects of electronic media. These children will have difficulty succeeding in college and you will be unable to make a wholesome transition to adulthood. My kids (ages 5 and 8) were dependent on their tablets. Five Stars Found it very useful identified. a lot of the problems and was very clear and concise in the solutions.



[continue reading](#)

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

download free Breaking the Trance: A Practical Guide for Parenting the Screen-Dependent Child e-book

[download Heal Your Child from the Inside Out epub](#)

[download Camp Like a Girl: Finding Health and Wellness in Nature. A cargo van conversion story. fb2](#)

[download free Eat Pretty Every Day: 365 Daily Inspirations for Nourishing Beauty, Inside and Out pdf](#)