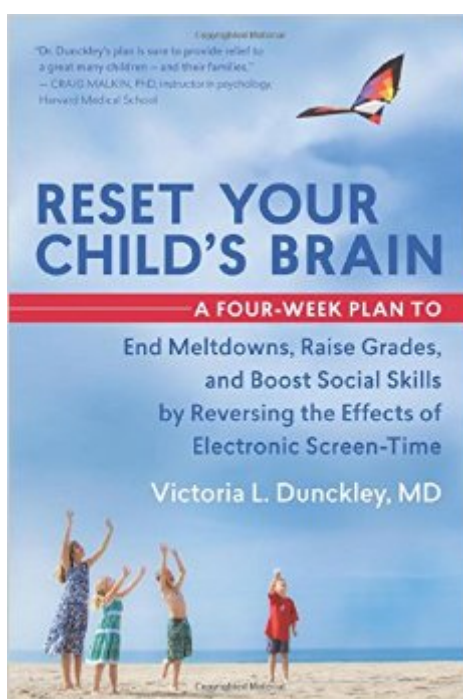


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# Reset Your Child's Brain: A Four-Week Plan To End Meltdowns, Raise Grades, And Boost Social Skills By Reversing The Effects Of Electronic Screen-Time



## Synopsis

A no-cost, nonpharmaceutical treatment plan for children with behavioral and mental health challenges. Increasing numbers of parents grapple with children who are acting out without obvious reason. Revved up and irritable, many of these children are diagnosed with ADHD, bipolar illness, autism, or other disorders but don't respond well to treatment. They are then medicated, often with poor results and unwanted side effects. Based on emerging scientific research and extensive clinical experience, integrative child psychiatrist Dr. Victoria Dunckley has pioneered a four-week program to treat the frequent underlying cause, Electronic Screen Syndrome (ESS). Dr. Dunckley has found that everyday use of interactive screen devices—such as computers, video games, smartphones, and tablets—can easily overstimulate a child's nervous system, triggering a variety of stubborn symptoms. In contrast, she discovered that a strict electronic fast single-handedly improves mood, focus, sleep, and behavior, regardless of the child's diagnosis. Offered now in this book, this simple intervention can produce a life-changing shift in brain function—all without cost or medication. Dr. Dunckley provides hope for parents who feel that their child has been misdiagnosed or inappropriately medicated, by presenting an alternative explanation for their child's difficulties and a concrete plan for treating them.

## Book Information

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## Customer Reviews

Reset Your Child's Brain has transformed my children in ways I couldn't have even imagined four weeks ago. I am embarrassed to say that my 3 and 7 year old boys were playing the iPad up to 10

hours a day (they each had their own. I can't even believe that, but they did). I had suspected for some time that the iPad was particularly disruptive to my 3 year old, but I truly didn't think I could 'survive' without the quiet that the tablets provided. How would I get anything done? What would the kids DO with all that time? After googling 'is the iPad bad for kids' and stumbling upon Dr. Dunckley's website and book, I made the decision then and there to take it away. We actually started the fast before I was able to read the book! The results have been dramatic with my 3 year old. We went from:- 3-5 meltdowns a day- struggling with transitions between activities (putting the iPad down to eat, bathe, leave the house, go to bed, etc),- aggression towards his 1 year old brother,- and just general instability in his personality (constantly walking on eggshells around him) to a child who:- has 1 meltdown or less per day (he routinely has days without meltdowns and it's MUCH more mild when it does happen),- transitions are no longer an issue and do not cause meltdowns- he plays gently and enthusiastically with his younger brother; he even asks if he can hold the baby now!- his personality is so much more even keeled; small things no longer set him off or trigger meltdowns. My 7 year old used 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 full of toys your never play with. Go find something.

Required Reading for 21st Century Parents Electronic screen stimulation has transformed our lives in the early 21st century. It has been embraced by parents and educators with an unquestioning blind optimism and the kind of faith usually reserved for messiahs. We have handed the lives of our children to the alter of technology surrendering them to endless self-stimulation and simulated excitement. This has exhausted them and left them surly and unhappily bored looking for the next electronic fix. They have become further and further disconnected from life as it is really lived. They are left without the skills they need to deal to enjoy real life with its kaleidoscope of interpersonal relationships all taking place in a four dimensional world full of nature and other living agents. Victoria Dunckley's book is a corrective and antidote to the corrosive view that technology only brings good things to children and young adults. Again and again she demonstrates convincingly with case reports from her own practice of child after child damaged by electronic screen stimulation. Robust connections are made to a long list of current mental illnesses afflicting children today. AHD, ADHD, bipolar are just a few of the conditions ravaging the lives of youth in numbers never seen before the introduction of this electronic screen-centric lifestyle that our children are living today. Victoria Dunckley's wonderful discovery is that these very same conditions can be ameliorated or indeed cured by the simple expedient of by a ^Screen

Reset™. During a Screen Reset™ all interactive electronic screen stimulation is removed from the child's life. For three weeks the child's brain is allowed to rest and recover from the relentless stimulation of these screen devices.

Disclosure: I am related to the author, but, although I knew that she was writing a book, I had never seen or read any part of it until I purchased it from . I am...blown away, to say the least. The amount of research, and the mountains of meticulously compiled evidence that prove the dangers of screen time is overwhelming. I always knew that I had a harder time concentrating on anything that I read on a computer or tablet or phone, than on an actual book. I feel like I have to read it multiple times, and many times it's easier just to print something out. I never knew why before! I don't have children, but I'm around them a lot, and have found it baffling why the kids who live on horse ranches or vineyards are so much calmer and less hyperactive than the kids who live in townhouses. We would joke that kids who have "chores" are too tired to misbehave! In reality, these kids are burning up much less energy "helping" Daddy pick tomatoes than the hyper kids are burning up having a temper tantrum, so why are they calmer and more able to focus? MUCH less screen time! The kids I know who are enjoyable to be around spend very little time looking at a screen. They are reading actual books, playing with pets, climbing trees, being led around on ponies. There have been studies in the news lately about brain changes, one that comes to mind was about how the use of GPS locators has caused the "map reading" part of the brain to shrink. In people who have never driven without a GPS, they never DEVELOP the map reading ability, and it shows in brain MRIs. And people who continue to learn new things when they are senior citizens are less likely to develop Alzheimer's--and the results are visible on the brain scans.

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