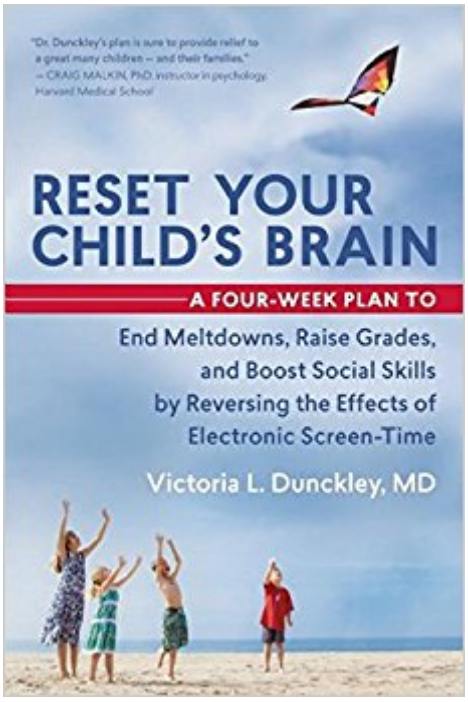
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Reset Your Child's Brain: A Four-Week Plan To End Meltdowns, Raise Grades, And Boost Social Skills By Reversing The Effects Of Electronic Screen-Time



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Synopsis

A no-cost, nonpharmaceutical treatment plan for children with behavioral and mental health challengesIncreasing 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 donÃ¢â ¬â„¢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 childÃ¢â ¬â„¢s nervous system, triggering a variety of stubborn symptoms. In contrast, sheÃ¢â ¬â„¢s discovered that a strict electronic fast single-handedly improves mood, focus, sleep, and behavior, regardless of the childÃ¢â ¬â„¢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 childÃ¢â ¬â„¢s difficulties and a concrete plan for treating them.

Book Information

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Customer Reviews

“Impressively researched, eye-opening, and eminently practical, Reset Your ChildÃ¢â ¬â„¢s

Brain is an invaluable contribution to any parentÃ¢â ¬â„¢s library. Dr. DunckleyÃ¢â ¬â„¢s plan is sure to provide relief to a great many children — and their families.Ã¢â ¬Â• — Craig Malkin, PhD, instructor in psychology, Harvard Medical School, and author of Rethinking Narcissism“Readers will . . . feel relieved to have such a helpful guide to teaching children that there is more to life than staring at a screen.Ã¢â ¬Â• — Publishers Weekly“Dr. Victoria Dunckley has given every child psychiatrist and pediatrician in America a wonderful gift. This book gives us a tool to share with the parents of the millions of children in the US who are agitated, unfocused, and out of control. She also answers the question about why this problem has accelerated in the last decade: it is screen-time, not a lack of Ritalin. I completely agree with her premise and her interventions. Thank you!Ã¢â ¬Â• — Scott Shannon, MD, integrative child psychiatrist, past president of the American Board of Integrative Holistic Medicine, and author of Please DonÃ¢â ¬â„¢t Label My Child"Many parents wonÃ¢â ¬â„¢t want to hear this, but child psychiatrist Dunckley makes a compelling case for an 'unrecognized disorder' she terms Electronic Screen Syndrome (ESS). From kids who melt down without cause, refuse to look people in the eye, are 'wired but tired,' or otherwise just hole up in their rooms all day, DunckleyÃ¢â ¬â„¢s research identifies the common thread of dysregulation owing to screen use and orders an immediate electronic 'fast.' Showing how ESS affects brain chemistry, arousal, sleep, and behavior, to name but a few outcomes, the author moves into a four-week step-by-step plan to 'reset' a childÃ¢â ¬â„¢s brain, resulting in better focus and organization, improved compliance, and more mature social interactions."— Library Journal“Parents will probably recoil from the idea of taking their childrenÃ¢â ¬â„¢s cell phones and laptops away from them. Let them know that Dunckley acknowledges the mountain that she is asking them to climb and, not only gives them thorough reasons for doing it, but also a highly detailed plan for accomplishing it.Ã¢â ¬Â• — Retailing Insight“This practical and easy-to-read guide is a much-needed wake-up call for this digital age. Buy Reset Your ChildÃ¢â ¬â„¢s Brain for your family, your school, and your local library.Ã¢â ¬Â• — Kerry Crofton, PhD, cofounder and executive director of Doctors for Safer Schools and author of A Wellness Guide for the Digital Age“This book looks at how electronic media use can affect the central nervous system long after the offending device has actually been used — an effect similar to that of drug addiction. It presents new studies that show how, as with drug use, functioning may not be impaired immediately, and in some cases it may even improve initially but then becomes worse. Finally, Dr. Dunckley outlines issues in diagnosis, in assessment, and most important, in treatment for battling and resetting the brain to overcome the rapidly emergent condition of Electronic Screen Syndrome.Ã¢â ¬Â• — Dr. Kimberly S. Young,

founder and director of the Center for Internet Addiction and NetAddiction.com“One of the problems worldwide that relates to this book is sleep deprivation. This has many consequences and — to put it bluntly — makes the sleep-deprived person fat, lazy, stupid, and depressed! The more that books like this expose the problem, the sooner we will be moving to a higher and more secure state of well-being!Ã¢â ¬Â•— John J. Ratey, MD, clinical associate professor of psychiatry, Harvard Medical School, and author of Spark“Victoria Dunckley makes a convincing case that parents should be very concerned about their childrenÃ¢â ¬â„¢s constant exposure to electronic screen–based entertainment. Citing medical research as well as her work with hundreds of patients, Dr. Dunckley explains how electronic media overwhelm childrenÃ¢â ¬â„¢s nervous systems and impair their physical and mental functioning. Families who follow her practical approach to discontinuing electronic screen-time will see dramatic improvement in their childrenÃ¢â ¬â„¢s health and behavior.Ã¢â ¬Â•— Jessica Solodar, award-winning medical journalist and former medical writer for Massachusetts General Hospital Department of Psychiatry and the Child and Adolescent Bipolar Foundation“Parents are constantly asking, ‘What are the effects of screen use on my kids, how much is too much, and how can I regulate the use of screens by my kids?Ã¢â ¬â„¢ Finally, thanks to Dr. DunckleyÃ¢â ¬â„¢s Reset Program, parents have the answers and the tools to work on a solution!Ã¢â ¬Â•— Ann Corwin, PhD, MEd, parenting education consultant, TheParentingDoctor.com

Victoria L. Dunckley, MD, is an award-winning integrative psychiatrist who has appeared as a mental health expert on such media outlets as the TODAY show, NBC Nightly News, and the Investigation Discovery network. In the past ten years, her Reset Program has helped more than five hundred children, teens, and young adults who failed to respond to conventional treatment alone. She lives and practices in Los Angeles.

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 thr 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 meltdownsMy 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." and he would respond with how boring ALL his toys were and there was nothing fun to do. He now plays enthusiastically with his toys, pretending with everything from Star Wars to building with blocks, to drawing (without using the iPad to think of things to draw). We now have a stash of board games to play in the evenings rather than stare at screens and I've found that I absolutely TREASURE the extra time I spend engaged with them. It sounds sappy, but it's true. I was so worried that taking the iPads away would mean so much more work for me, finding things to keep them occupied and it first, it was more work. But 4 weeks in, they now find their own activities to keep them busy and entertained. I can't believe what a complete turnaround it's been for us. This book was a lifesaver for my family.

We read the book and did the reset. It was amazing. My children were 4 and 2. Now they are 5 and 3 and its time to do another reset. I mistakenly got too relaxed with restrictions and found myself back in a predicament. It really does work. What I liked best about the book is how she guides you to a successful reset. Anyone can take electronics away but if done the way she says it will be successful adventure.

I have only started reading this book, but our family has already benefitted from reduced screen time. A great read for any parent!

Very helpful. Made a big difference for my son.

Exciting evidence to support little to no screen time for children and practical, applicable ways to put into practice in your own home!

Great book for everyone

Must read for educators and parents.

Highly recommended, it saved my family. I need this book in Spanish to send to my family in Spain.

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Meltdowns Memory Manipulation: How to Train Your Brain to Think Faster, Concentrate More, and Remember Anything: Learn Memory Improvement and Boost Your Brain Power Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Reading Rescue 1-2-3: Raise Your Child's Reading Level 2 Grades with This Easy 3-Step Program

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