BATTLES OVER TECHNOLOGY USE?   Get Expert Advice If:

- You have any questions at all or are worried about your child's technology use!

- You worry that your family life has been taken over by electronics

- The kids can't control their screen time or attempts to reduce technology have already failed

- The adults in the home do not agree about how to address technology use

- Your child is upset, defiant or non-compliant with household rules

- Your child's school performance has deteriorated

- Your child's social life is primarily online

- Your child has been diagnosed with ADHD, Autism Spectrum Disorder or any mental health disorder including sleep disturbances, depression or anxiety

- Your child takes medications for mood, or this has been recommended by a practitioner

- You are worried about self-harm or violence in your child

- Your child uses violent video games or has access to weapons

- You have read Dr. Dunckley's book and are interested in doing an "electronic fast"

(SOME OF) MY FAVORITE RESOURCES

Cash and McDaniel, (2008). *Video Games and Your Kids: How Parents Stay in Control.* Issues Press.

Doan, Andrew (2011). *Hooked on Games: The lure and cost of video game and internet addiction.*

Dunckley, Victoria, (2015) ***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***. **Novato, CA: New World Library**

Freed, Richard, (2015). *Wired Child: Reclaiming Childhood in a Digital Age.* CreateSpace Publishing

Sax, Leonard, MD, PhD. (2007). *Boys Adrift: The five factors driving the growing epidemic of unmotivated boys and underachieving young men.* New York: Basic Books.

Sax, Leonard, MD, PhD. (2010). *Girls on the Edge: The four factors driving the new crisis for girls.* New York: Basic Books

WEBSITES
CommonSenseMedia.org; Dr.Dunckley.com; FamiliesManagingMedia.com; GameQuitters.com
Netaddictionrecovery.com; Olganon.org; RealBattle.org; Zonein.ca

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