

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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EXAMPLE OF PROBLEM AREAS ASSOCIATED WITH TECH

EMOTIONAL	BEHAVIORAL	SCHOOL RELATED	SOCIAL	PHYSICAL
Meltdowns	Oppositional	Forgets homework	Poor sportsmanship	Headaches
Irritable mood	Defiance	Easily distracted	Blames others	Stomachaches
Depressed mood	Argues a lot	Disruptive in class	Annoys peers	Migraines
Fearfulness	Yells/screams	Trouble learning	Lacks empathy	Body aches
Nightmares	Aggression	Poor concentration	Can't read others	Back/neck pain
Separation anxiety	Defensiveness	Fights reading	Inconsiderateness	Low energy Out of
Isolative/withdrawn	Hyperactivity	Struggles in math	Poor eye contact	shape
Doesn't enjoy activities	Can't stay on track	Procrastination	Avoids face-to-face	Overweight
Easily frustrated	Messy room	Under-achievement	No/few friends	Craves sweets
Compulsiveness	Refuses chores		Immaturity	Tics/stuttering
Obsessiveness	Impulsiveness			Trouble sleeping
	Can't "get ready"			Oversleeping