

***Reset Your Child's Brain:
Reversing the Effects of
Electronic Screen Time***

Victoria Dunckley, M.D.

Tuesday, February 7, 2017

7:00-9:00pm

Mountain View High School Spartan Theatre
3535 Truman Avenue, Mountain View

While parents have become painfully aware that technology can be difficult to manage, what is less known is that exposure to even moderate but regular amounts of screen time by children and teens can impact how the brain functions – which in turn impacts mood, focus, sleep, stress levels, and behavior. Addressing these hidden screen-related side-effects can provide dramatic improvements in emotional regulation, academic performance, and social interactions. Parents will learn how to methodically “reset” their child’s brain and take the guesswork out of “how much is too much?” resulting in a happier, calmer, and more engaged child.

Admission: FREE–Please reserve a seat:

<https://vdunckley.eventbrite.com>

Audience: Parents/guardians of students in grades K-12

Sponsors: MVLA High School Foundation
LAMV PTA Council
Los Altos Educational Foundation
Mountain View Educational Foundation

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ABOUT OUR SPEAKER:

Victoria Dunckley is an award-winning child and adolescent psychiatrist and nationally recognized expert on the effects of electronic media on children’s brains and bodies. She has been featured on the *Today* show and NPR and she blogs monthly for *Psychology Today*. Dr. Dunckley is the author of the ground-breaking book *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*.