

TIPS FROM “RESET YOUR CHILD’S BRAIN” by Victoria Dunckley

Adjusting Your Child's Environment

1. Go Wired - easier to enforce house rules, and less convenient when only in certain locations, greatly reduces manmade EMFs
2. Reduce artificial brightness - check devices and lower screen brightness to more closely match surrounding environment
3. Download and use flux, a free software application that gradually adds red tones and reduces brightness as night falls
4. Use smaller screens and view from farther away
5. Maintain a sleep sanctuary - bedroom free of electronics, and optimize bedroom lighting, including pitch-back during sleep time
6. Minimize Screen-Time after sundown

House Rules: Everyday Screen-Time Guidelines and Boundaries

1. Keep bedrooms screen-free
2. Create a family workstation
3. Match Screen-time with Exercise time
4. Screen-Time is a privilege not a right
5. Ban media multitasking
6. Designate Screen-free Times and Zones
7. Walk the talk
8. Use timers and checkouts

Promoting Brain Health while Preventing ESS

1. Greenery, nature and sunlight
2. Movement, exercise and free play
3. Deep sleep and clean diet
4. Creativity
5. Mindfulness and meditation
6. Bonding: Human touch, Empathy and Love

MEDIA RESOURCES FOR PARENTS from MVLA Speaker Series

- **American Academy of Pediatrics:**
 - <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/pages/media-and-children.aspx>
 - Healthy Children:
 - <https://www.healthychildren.org/English/family-life/Media/Pages/default.aspx>
- **American Psychological Association:**
 - <http://www.apa.org/topics/kids-media/index.aspx>
- **Center on Media and Child Health:** <http://cmch.tv/>
- **Child Net International:** <http://www.childnet.com/parents-and-carers>
 - Digizen: <http://www.digizen.org/parents/>
- **Common Sense Media:** <https://www.commonsensemedia.org/>
 - <https://www.commonsensemedia.org/parent-concerns>
- **Connect Safely:** <http://www.connectsafely.org/parenting/>
- **Cyberwise:** <http://www.cyberwise.org/parents>
- **Digital TAT2 (local media education):** <http://www.mydigitaltat2.org/>
 - <http://www.mydigitaltat2.org/resources-1.html>
- **Family Online Safety Institute:**
 - <https://www.fosi.org/good-digital-parenting/>
- **Net Family News:** <http://www.netfamilynews.org/category/parenting>
- **Safe Kids:** <http://www.safekids.com/family-contract-for-online-safety/>
- **Society for Adolescent Health and Medicine:**
 - <http://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Media-Use-in-Adolescents.aspx>
- **Victoria Dunckley, MD:** <http://resetyourchildsbrain.com/>
 - Free online course: www.drdunckley.com/videogames
 - Mental Wealth Blog Psychology Today: www.psychologytoday.com/blog/mental-wealth