



Reaching Higher Potential and Creating New Possibilities

April 2016



Testimonial of a Screen-Time Fast As Recommended in the Book “Reset Your Child’s Brain”

Did you know that St Croix Therapy has a YouTube and a Pinterest page? We are building these social media sites so they will be a resource for families. Check us out and share your ideas with us.



Demanding, moments of rage, impulsive, dysregulated... were words we used to try to explain our 8-year-old son to friends and family after his 3-day stay in the hospital last December. Our son had demonstrated these behaviors on a smaller scale since preschool, but the level it reached after the hospital stay was out-of-control and frustrating for our entire family. Even our son articulated, “something is wrong with my brain”.

I researched for help, cut back on sweeteners and grains and added dietary supplements. Then, I found a book called ‘Reset Your Child’s Brain’, written by a psychologist who believes adverse behavioral symptoms that mimic ADD are a result of ESS (Electronic Screen Syndrome).

The author suggests doing a 3-week screen-time fast (computers, phones, TV, etc...) to give the child’s brain a chance to re-set. *Moderating screen-time doesn’t bring the full results.* We knew we needed to try the fast and see if it helped our son.

The screen-time fast made a huge difference. Upon approaching week three of the fast, we began seeing a happy boy that was finally willing to attend and cooperate with tasks that were previously such a battle. After the fast, we let him watch a movie, sure enough, we saw a few adverse behaviors again. It is clear to us, that our son isn’t able to manage well with screen-time use. Although, he will more than likely be able to handle technology better as he matures.

As the book suggests, not all children have ESS with screen-time use but I do believe, we need to consider the ‘re-wiring’ technology may be doing in brains of developing children.

In this growing technology age, it’s hard not using technology, but in our case, it’s well worth the sacrifice. I recommend the book, “Reset Your Child’s Brain”. Look for it at your local library.

By: A Mom



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The average child spends 7 hours a day on in front of a screen.

Electronic Screen Syndrome

Sensory Overload

Lack of Restorative Sleep

Hyper-Aroused Nervous System

Impulsive

Moody

Lack of Focus

Is your Brain Function Changing?

The brain is comprised of two hemispheres, the left hemisphere and the right hemisphere. In general, the right and left hemispheres process information in different ways even though in everyday life the two hemispheres must work together.

Left brain thinking is verbal and analytical.

Right brain thinking is non-verbal and intuitive, using pictures rather than words.

For example, the left brain thinker will give directions something like "go west three blocks and then turn north on Vine Street." The right brain thinker will say something like "turn right by the church, go three to four blocks until you see the McDonalds and then turn left."

According to Dr. Daniel Siegel, psychiatrist, social media is changing our brain and the way we think. According to Dr. Siegel, face to face contact provides us with very specific cues and information to our brain. This information is gathered through seven elements.

Eye contact

Gestures

Facial expression

Posture

Tone of voice

Timing

Intensity of the verbal responses



The right side of the brain is responsible for processing this information. The use of social media (facebook, twitter, texting, blogging) does not allow for face to face contact. Communication is primarily through words, which is primarily a left brain function.

The use of social media as a tool to communicate is not a bad thing. The problem arises when it is used excessively as a means of communication and when individuals think they are staying connected. However, they are missing out on seven elements of communication and they are primarily stimulating only their left brain.

We have to admit that we are distracted by screens and social media. So, are you:

1. okay with the way social media is changing the way we communicate?
2. okay with the way social media communication is changing the way your brain functions?

Written by: DeDe Wanzek is a physical therapist at St Croix Therapy. Information taken from the work of Dr. Daniel Siegel, a clinical professor of psychiatry at the UCLA School of Medicine where is on the faculty of the Center for Culture, Brain and Development.

Video games increase dopamine levels in the brain

Train Your Brain

