

Protecting Your Child's Brain In Today's Electronic World

Signs of Electroic Screen Syndrome

- Lack of focus & concentration
- Poor comprehension
- Disorganization
- Boredom in school
- Hyperactivity
- Not practicing self-control, grit
- Bad communication skills

12 Activities for Healthy Brain Development

1. Handwriting
2. Exercise & movement
3. Playing music
4. Nature & daydreaming
5. Unstructured play
6. Empathy & touch
7. Language & Conversation
8. Sleep
9. Reading
10. Imagination
11. Attachment & peer orientation vs. parent orientation
12. Building relationships through in-person time



Parents, do you know how much time your child spends on his/her devices? How does gaming impact your child's brain development?

Warning Signs Your Child is Addicted to His Game

- Begs to play, irritable if he can't play
- Only thing that motivates him
- Takes game to bed
- Prefers game over other activities
- Rather stay inside than play outside
- Lies about time spent gaming
- Aggressive behavior
- Doesn't want to play with friends in person
- May wet pants when playing (young children)
- Plays every day
- Sneaks play time at night
- Talks about game achievement all the time
- Wants to game right after school
- Rushes through homework to get to game
- Prefers game over other social activities
- Time on YouTube researching game cheats
- Sacrifices social activities to game at home
- Quits sports and other hobbies

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