

## BATTLES OVER TECHNOLOGY USE?

### Consider professional advice if:

- You have any questions at all or are worried about your child's technology use!
- You worry that your family life has been taken over by electronic devices
- The kids can't control their screen time or your attempts to control it have already failed
- The adults in the home do not agree about how to address technology use
- Your child is upset, defiant or non-compliant with household rules
- Your child's school performance has deteriorated
- Your child's social life is primarily online
- Your child has been diagnosed with ADHD, Autism Spectrum Disorder or any mental health disorder including sleep disturbances, depression or anxiety
- Your child takes medications for mood, or this has been recommended by a practitioner
- You are worried about self-harm or violence in your child
- Your child uses violent video games or has access to weapons
- You have read Dr. Dunckley's book and are interested in doing an "electronic fast"