

How Screen Addiction Is Hijacking Our Kids And How To Break The Trance

Have you ever wondered why your child seems glued to their screen? It's not just a phase; screen addiction is a real problem that can have serious consequences for kids. In this article, we'll explore the science behind screen addiction and provide practical tips on how to break the trance and help your child regain control of their life.

The Science of Screen Addiction

When kids use screens, their brains release dopamine, a neurotransmitter that makes them feel good. This positive reinforcement keeps them coming back for more, even when they know it's not good for them. Over time, this can lead to addiction, as the brain becomes wired to crave the dopamine hit that screens provide.



Glow Kids: How Screen Addiction Is Hijacking Our Kids - and How to Break the Trance by Nicholas Kardaras

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In addition to dopamine, screens also release other neurotransmitters, such as serotonin and oxytocin. These neurotransmitters can create a sense of calm and relaxation, which can be especially appealing to kids who are stressed or anxious. However, the long-term effects of screen use can be negative, as it can lead to problems with attention, sleep, and social skills.

Signs and Symptoms of Screen Addiction

There are a number of signs and symptoms that may indicate that your child is addicted to screens. These include:

- Spending excessive amounts of time on screens
- Having difficulty controlling their screen use
- Feeling restless or irritable when they're not using screens
- Using screens to escape from problems
- Losing interest in other activities
- Having difficulty sleeping
- Having problems with attention and focus
- Experiencing social isolation

If you're concerned that your child may be addicted to screens, it's important to seek professional help. A therapist can help your child understand the underlying causes of their addiction and develop strategies for breaking free.

How to Break the Trance

Breaking the trance of screen addiction can be challenging, but it's not impossible. Here are a few tips to get you started:

- **Set limits on screen time.** This is the most important step in breaking the addiction. Start by setting small limits and gradually increase them over time. Be consistent with your limits and don't give in to your child's tantrums.
- **Create screen-free zones.** Designate certain areas of your home as screen-free zones, such as the dinner table and the bedroom. This will help your child to break the association between screens and certain activities.
- **Offer alternative activities.** Encourage your child to participate in other activities that they enjoy, such as playing outside, reading, or spending time with friends. This will help them to develop new interests and hobbies.
- **Be a role model.** Kids learn by watching the adults in their lives. If you want your child to limit their screen time, you need to do the same. Set a good example by putting away your own screens and spending time with your child.
- **Be patient.** Breaking screen addiction takes time and effort. Don't get discouraged if your child doesn't change overnight. Just keep at it and you will eventually see results.

Breaking the trance of screen addiction is not easy, but it is possible. By following these tips, you can help your child regain control of their life and develop healthy habits.

Additional Resources

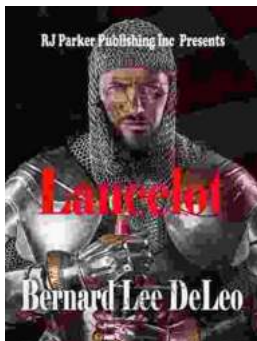
- Is Screen Time Harming Your Child's Health?
- Screen Time and Children
- What Is Screen Time?



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