

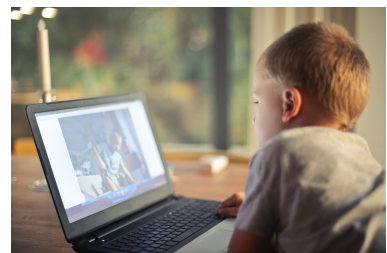


Screen Daze

Resorting these days to more screen time for your little ones? Completely understandable!

Technology has an excitatory effect on the brain. Your child may look calm while watching cartoons or playing games, but their nervous system is really going haywire. That's why afterwards you might be left with an extremely wired, revved up and emotionally dysregulated child.

Add a "sensory sandwich" before and after screen time. It's a short sensory break with 4 different types of sensory input that will help calm and organize them. We all know that we need that screen time in this new normal. Now you can feel better about it by proactively preparing your child's nervous system for the excitement that lies ahead.



Spring Ahead
Pediatric Occupational Therapy, PLLC.
www.springaheadpediatric.com