

Intervention Strategies for Parents of Youth with Electronic Addiction

- Read *Parent's Quick Guide to Electronic Addiction* to fully understand electronic addiction.
- Review your family electronic landscape and develop an intervention plan with your child.
- Discuss your concerns with a school counselor to determine if problems are showing up at school.
- Ask for therapist referrals from school personnel and other parents.
- Vet therapists to ensure they have experience with electronic addiction or are willing to learn more about it.
- Attend therapy with your child.
- Find appropriate social-skills training.
- Talk about your concerns with your child.
- Get all adults in your family – parents, step-parents, and grandparents – involved in the plan.
- Start with the Pay to Play system.
- Use “Amish Paradise” sparingly as a consequence for not meeting expectations.
- Watch for signs of relapse.
- Treat relapses as learning opportunities.
- Always maintain a supportive and collaborative approach, talking with your child about how to solve the problem together.
- Be prepared to address this challenge for as long as needed to ensure your child has mastered it. Let them continue in therapy until all parties agree it is no longer needed.
- Contact Dr. Berk for parent coaching if you need more support. Coaching is available in the office or via telephone conference lines for those who live outside of Ohio.

If you are concerned about your son or daughter's electronics use, please visit www.CenterforElectronicAddiction.com for help and resources.