

THE SCREEN CYCLE AND THE CHILD'S BRAIN:

WHY EVERYDAY LIFE FEELS HARDER AFTER SCREEN USE

www.SocialWorkersToolbox.com



Break the cycle: Prioritise connection, outdoor play, and slow, engaging activities such as walking and talking, sports, creative projects, reading, music, cooking, building, puzzles, or shared tasks. These help the brain settle and cope with everyday life.

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