

Screen Transitions Cause Explosions

Screen Time Ends in Meltdown

If turning off screens causes panic or rage, it's not manipulation — it's dysregulation.

What this is

Screens act as fast regulation. Removal creates a sudden drop.

Why it shows up

- Dopamine crash
- No replacement regulation ready
- Transitions without warning

What to try this week

1. Pre-name what comes **after** screens
2. Use time warnings consistently
3. Offer movement or sensory input immediately

When to get support

If screens are the only calm tool, regulation alternatives must be taught.

Recommended tools

- **Happy Core Program** (regulation alternatives)
- **Parent support resources**

The goal isn't less screens — it's more coping options.

If this helped even a little, you're on the right track.

When you're ready, you can go one step further:

- [See related tools →](#)
- Talk to Kristin (10-min game plan call) →