

**Doctor Opt-Out Note**

Adapted from Dr Victoria Dunkley's 2015 book *Reset Your Child's Brain: A Four Week Plan to End Meltdowns, Raise Grades, and Boost Social Skills by Reversing the Effects of Screen-Time* (page 159).

Date \_\_\_\_\_

RE: Student Name \_\_\_\_\_, Date of Birth/Student I.D. \_\_\_\_\_

To Whom it May Concern:

Because screen-time can overstimulate the nervous system and cause chronic hyperarousal (fight-or-flight), and thereby negatively affect attention, mood regulation, behavior, and/or sleep, \_\_\_\_\_ is to be off all computers and any other electronic screen devices for the next school year.

*If a computer/internet is needed on occasion for times when word processing is needed, this can be done with the written consent of the parent.*

Sincerely,

\_\_\_\_\_, MD (or NP)

License # \_\_\_\_\_