



# Let's Take Action!

## Please care and share!

Is your child complaining of being bored? Does your child feel anxious? Does your child get nightmares? **It might be the overuse of screens...**

**Screen time** refers to the time spend in front of digital screens such as TVs, cellphones, tablets, and computers.

# 1

## Why do we need to limit our children's screen time?

- To prevent our spiritual eyes and ears from becoming dumb and numb.
- To protect and care for the natural and healthy-balanced development and well-being of our children!
- To prevent and stop screen addiction.
- To ensure that our children develop optimally to be the best they can.
- To save you and your family days and months of heartbreak and regret for not acting before it is too late!
- To limit and change the following negative behaviours that are often linked with the overuse of screens and technology. This may lead to Electronic Screen Syndrome (ESS), and can easily be misdiagnosed as e.g., ADHD, Autism (ASD) and other related neurological and learning disorders, and consequently end with medication and prescribed drugs.
- **The overuse of screens can lead to:**
  - Poor concentration
  - Irritability and annoyed easily with normal sensory experiences
  - Aggression when, for example screen time is limited
  - Tantrums, meltdowns and poor frustration tolerance
  - Weak posture and balance, for example, find it difficult to sit upright for a certain time, can't ride a bike, kick and catch a ball
  - Headaches and ringing in the ears
  - Eyes: Red, squinting and dark circles
  - Seizures may occur
  - Easily bored with real life
  - Feeling anxious or stressed over small things
  - Overwhelmed with normal daily demands
  - Difficulty with maths and reading
  - Delayed speech development
  - Stunted creativity
  - Lack of willpower
  - No or limited eye contact
  - Insomnia: Can't sleep during night; may have nightmares
  - Limited interest in real life and relationships that may lead to depression
  - Exposed to bullying (cyber and face-to-face)

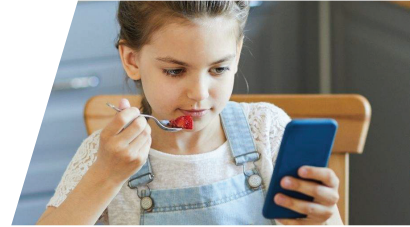
# 2 What can we do to STOP the overuse of screens to prevent Electronic Screen Syndrome and Screen Addiction?

- **No screens in bedrooms.**

**Why?** To limit blue light emission and exposure to harmful EMF radiation coming from cell phones, Wi-Fi, smart appliances and 5G. To improve sleep and ensure a good night's rest and time for the brain and body to detox and regenerate to be full of energy in the morning (also linked with melatonin and cortisol secretion for natural rhythm cycles).

- **No screens at meals.**

**Why?** To ensure high quality family time around the table. It is important to ensure improved eye contact to build real-life relationships, language and social skills.



- **No screen time, TV, or video games (even educational) before going to school.**

**Why?** Hyper-arousal and overstimulation of senses put children in overdrive. It is then difficult to calm them down before school starts. This also applies to no screen time before bed time in the evenings.

- **No screens in the car.**

**Why?** To limit the risk of distracting the driver, as well as overexposure to harmful manmade, unnatural radiation from cell phones and other smart electronic devices. This exposure is much higher in the car, because of the Faraday cage effect and continuous searching of cellphone signals to and from cellphone towers.

- **No social media accounts and usage for children under the age of 13.**

**Why?** Only children over the age of **13 years** are allowed to have TikTok, Facebook, YouTube and Instagram accounts but only for sharing photos. The minimum age for a WhatsApp account is **16 years**. I also recommend that children's exposure to these social media platforms be restricted because of the immaturity of their brain and body development.

- **Check your children's privacy settings on their phones.**

**Why?** Although there are many privacy settings and applications to activate and verify, make at least sure that the location tracking and camera settings are OFF.



- **Always switch the Wi-Fi router off during the night and even when it's not in use during day time – rather use network cables.**

**WHY?** To limit your exposure to harmful, unnatural EMF radiation, because of the exponential and dangerous increase in electro-pollution over the last two decades.

# 3 21-Day Challenge to improve Digital Wellness

- Remove (or limit the use of) all screens and technology from bedrooms, especially at least two hours before bedtime.
- Remove the use of all screens at meals and during conversations.
- Reduce the time spend before screens – replace with creative play outdoors and indoors and walking barefoot.

*For expert advice, support and a **FREE** masterclass, contact Dr Marlena Kruger  
BUY our **EMF RADIATION (WoWe®)** protective clothing for children and adults in our online shop!*