

PART 1: Disruption

Technology is linked to disruption of the brain’s myelin and numerous physical, mental, and social health conditions.

YouTube Resource link: [How is technology impacting your brain](#)

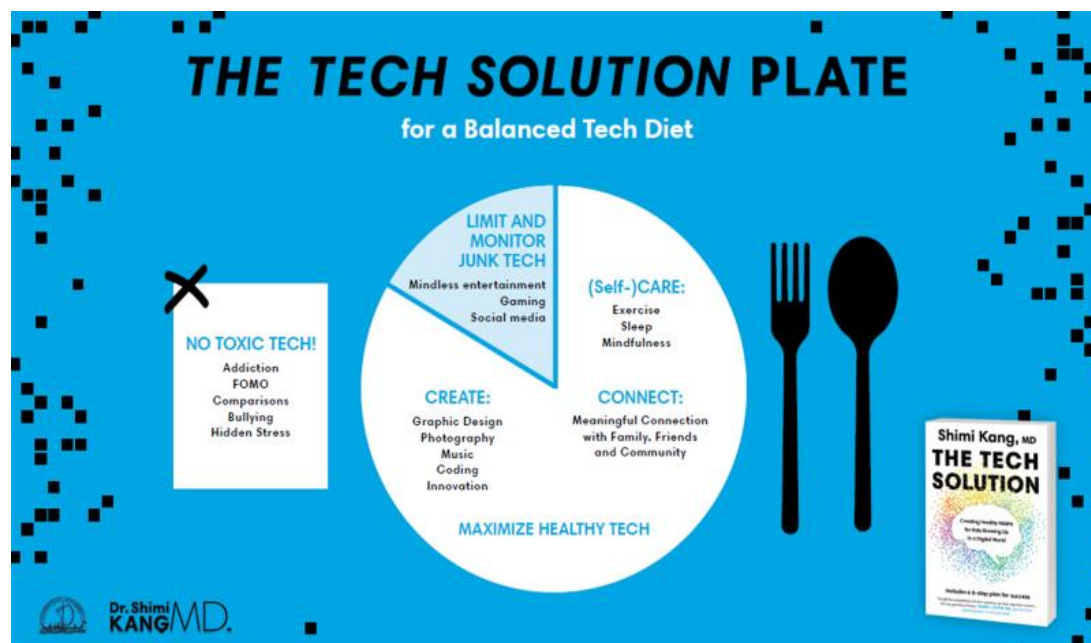


PART 2. The Solution

Guide your child to understand that the tech they consume is like the food they consume. There is healthy, junk, and toxic tech.

Resource link: [What is your tech diet?](#)

PDF of Tech Diet Plate to print for home or classroom [here](#)



To avoid toxic tech, teach your child coping skills

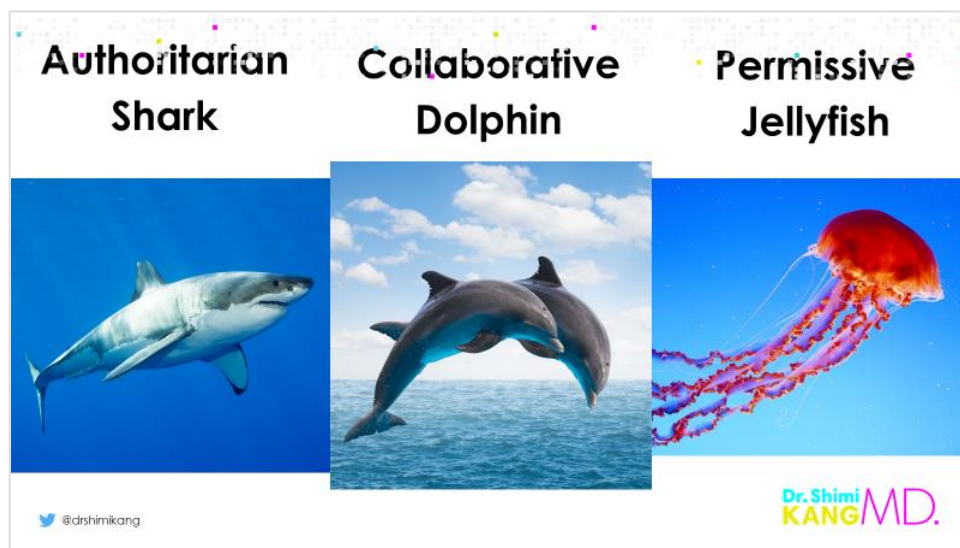
Resource link: [Do you have coping skills?](#)

To Limit and Monitor Junk Tech, understand how tech is addictive.

Resource link: [How tech is addictive](#)

The firm and flexible dolphin interpersonal model is a proven model for guiding children toward healthy habits

- Resource link: [Managing Relationships During Stress](#)



The Dolphin KEYS to motivation include empathy, autonomy, and optimism.



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The K.E.Y.S to Motivation – (book excerpt from [The Dolphin Parent](#))

The K.E.Y.S are the essence of motivational communication. They complement but not intrude on the development of self-motivation. It is a four-step process focusing on a balanced state of mind, empathy, autonomy, and optimism.

Kill the shark and jellyfish. Behavior science tells us that pushing and micromanaging (shark) are counterproductive. Also, guiding is better than no direction (jellyfish). Thus, take a few deep breaths, get centered as a calm, present, Dolphin communicator.

Empathy. Empathy is a powerful tool to connect with others as it activates powerful mirror neurons and releases the trust hormone oxytocin. Put yourself in their shoes and make a statement of empathy!

Your Goals. Identify and express an understanding of the other person’s goals. We all need a reason to take a step or make a change. Defining personal reasons builds autonomy and sets up the brain to release dopamine.

Support success. Create a positive support system by expressing optimism in success! If you can add a vision of success, you will activate serotonin.

Ex: If you want to help motivate someone to go to the gym.

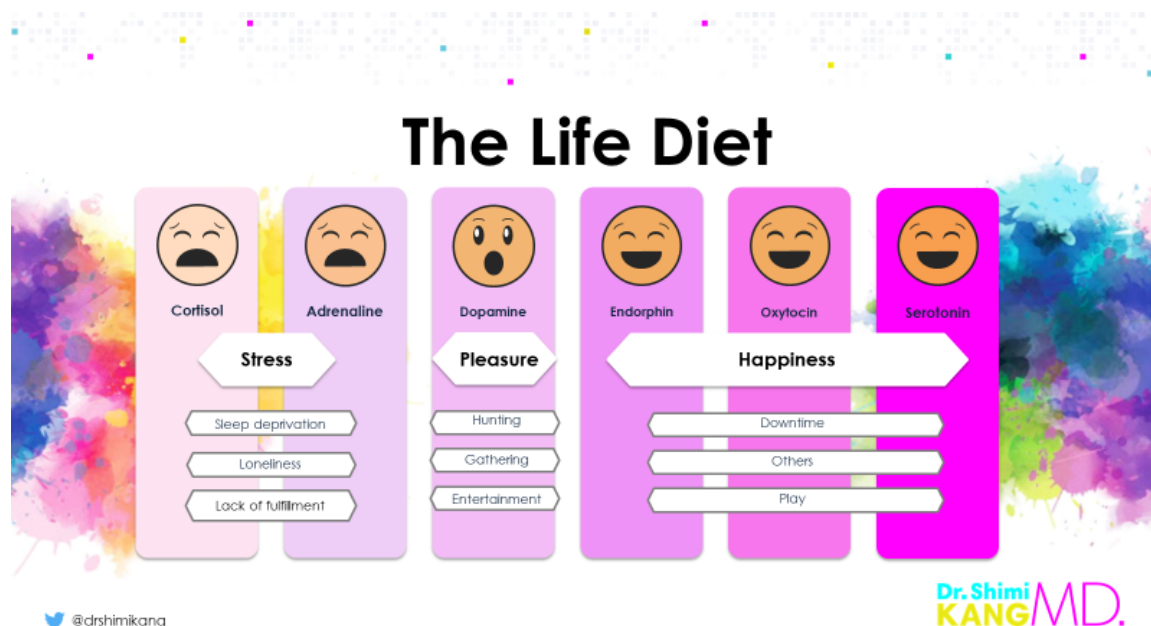
K – Kill Shark & Jellyfish - be a Dolphin.

E – “Aww, you look a bit tired and sounds like it’s been a long day.” (empathy)

Y – “Remember, you wanted to get in better health.” (autonomy)

S – “Come on, I know once you are there, you always feel great!” (optimism)

The Tech Diet Solution can be applied to your life!



Additional Resources

Dolphin Kids: Future-ready Leaders:

[Science of Play, Others & Downtime. Free Resources for parents & teachers.](#)

For healthy tech: mindfulness, connection & play, try SPARK Mindset: [Welcome to SPARKY!](#)

TEDx by Dr. Shimi Kang: What one Skill = Awesome Life? Adaptability! [Here](#)

Kelty Resource Center/ BC Children’s Hospital: [Keeping Tech in Check: Healthy Habits](#)

Stigma Free Society: Youth Ambassadors [Here](#) (Joesh Khunkhun speaks about ADHD)

National Institute of Play: [The science of play](#)

Common Sense Media: Resources for Parents and Teachers [Here](#)

Buy Dr. Kang’s books: [The Dolphin Parent](#) , [The Self-Motivated Kid \(U.S\)](#) & [Tech Solution](#)

About Dr. Shimi Kang

An award-winning medical doctor, researcher, and expert on the neuroscience of innovation, leadership, and motivation, [Dr. Shimi Kang](#) provides science-based solutions for health, happiness, and achievement in the workplace, classroom, and at home. With 20 years of clinical experience and extensive research in the science that lies behind optimizing human intelligence, Dr. Kang provides practical tools to cultivate the key 21st century skills of resilience, connection, creativity, and more.

She is the author of the #1 bestseller [The Dolphin Parent](#) and [The Tech Solution](#), which are available now. She is also the founder of [Dolphin Kids: Future-Ready Leaders](#), CEO of [Spark Mindset App](#), and host of the YouTube show, [Mental Wealth with Dr. Shimi Kang](#).



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