

# THE REWIRED PARENT



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## Screen-Zombie Detox Starter Kit

100% Free – No Strings Attached

**Created by Dr. David A Palmer, Parenting Coach & Creator of the Rewire the Response Framework.**

Welcome to your Detox Starter Kit! This printable resource includes the 9 Subtle Signs Checklist, my full Emergency Meltdown Protocol for heated moments, and a simple 72-Hour Reset Plan tailored for busy families. Print it out, keep it on your fridge, and start reclaiming your household one micro-win at a time.

*Disclaimer: This is educational content only. Not a substitute for professional medical advice. Consult a licensed professional for severe issues.*



# Free Tool 1. Printable 9 Subtle Signs Checklist

Score your teen's behaviors and get quick "try tonight" hacks. Tally yes/no for each sign.

## 1. Posture Collapse

**Looks like:** Hunched shoulders, forward head tilt, glazed eyes. ☐ Yes ☐ No

**What it signals:** Low dopamine baseline from overstimulation.

**Try tonight:** 90-second reset (20 jumping jacks + 10 wall pushes + water) + fold 5 socks together.

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## 2. Transition Explosions

**Looks like:** Overreactions to "log off." ☐ Yes ☐ No

**What it signals:** Dopamine crash.

**Try tonight:** Two-timer system (10-min wind-down + 2-min cool-off) + quick chore.

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## 3. Offline Joy Goes Flat

**Looks like:** Everything non-screen is "boring." ☐ Yes ☐ No

**What it signals:** Reward contrast.

**Try tonight:** Dopamine primer (sunlight + music) + first 3 dishes together.

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## 4. Time Blindness

**Looks like:** "5 minutes" becomes hours. ☐ Yes ☐ No

**What it signals:** Hyperfocus hijack.

**Try tonight:** Shared kitchen timer + chore-for-Wi-Fi swap.

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## 5. Sleep Drift

**Looks like:** Late nights, rough mornings.    ☐ Yes ☐ No

**What it signals:** Blue light disruption.

**Try tonight:** Router bedtime schedule + phone parking station.

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## 6. Secret Sessions

**Looks like:** Hiding devices.    ☐ Yes ☐ No

**What it signals:** Craving cycles.

**Try tonight:** Central charger dock + earn access via morning chore.

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## 7. Hygiene/Household Slide

**Looks like:** Skipped showers, piled chores.    ☐ Yes ☐ No

**What it signals:** Executive function overload.

**Try tonight:** Chore-for-Wi-Fi swap with visual chart.

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## 8. Social Shrink-Wrap

**Looks like:** Only online friends.    ☐ Yes ☐ No

**What it signals:** Low-risk social hits online.

**Try tonight:** 15-min parallel activity (e.g., dog walk).

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## 9. Body Alarms

**Looks like:** Headaches, jitteriness.    ☐ Yes ☐ No

**What it signals:** Stress and fatigue buildup.

**Try tonight:** HSS reset (Hydrate, Sunlight, Stairs).

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## Your Score

- 0-3: Green – Maintain boundaries.
  - 4-6: Yellow – Start timers and swaps.
  - 7-9: Red – Do the 72-hour reset below.
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## Free Tool 2. Full Emergency Meltdown Protocol

For heated moments when tensions spike (e.g., during a forced log-off). This 3-step protocol is neuro-affirming, focusing on co-regulation to de-escalate fast. Aim for under 120 seconds.

### Step 1: Pause & Validate (0-30 seconds)

- Stop talking demands. Get to eye level or side-by-side.
- Say: "I see this is really hard right now. Your brain is in high gear—it's okay."
- Breathe deeply together (4 in, 7 hold, 8 out) x 2.

### Step 2: Co-Regulate & Reset (30-90 seconds)

- Offer a sensory anchor: Cold water splash, weighted blanket, or quick hug (if wanted).
- Ask: "What do you need in this moment? Space, water, or a 2-minute timer?"
- Model calm: "I'm here with you. We'll figure this out together."

### Step 3: Bridge to Next (90-120 seconds)

- Propose a micro-win: "Let's do one small thing—fold these towels—then we pause and talk."
- End with choice: "Wi-Fi back after, or pick an offline reward?" Debrief later (not now): "What helped? What can we tweak?"

Tips: Practice when calm. If unsafe, step away and call for help.

## Free Tool 3. 72-Hour Reset Plan for Busy Families

A gentle, low-drama reset to break the cycle. Focus on structure, not punishment. Customize for your schedule.

### Hour 0-24: Prep & Gentle Pause

- Family meeting: Explain the why (brain health, not control).
- Set router bedtime + daily pauses (e.g., 1-hour post-school).
- Micro-wins: 3 small chores for Wi-Fi access.
- Dopamine alternatives: Walk, music, or board game.

### Hour 24-48: Build Momentum

- Extend pauses: 2 hours offline with shared activities.
- Track wins: Visual chart for chores/rewards.
- Handle pushback: Use Meltdown Protocol above.
- Parent self-care: Your 10-min break too.

### Hour 48-72: Stabilize & Adjust

- Reintroduce screens with limits (e.g., 1 hour earned).
- Debrief: What worked? Tweak for next week.
- Celebrate: Family treat for completing the reset.
- Next: Extend to weekly habits.

**Busy family hacks: Prep meals ahead, involve siblings, use apps for timers.**

Thank you for downloading! Share your wins with me at @drdavidapalmer