



Stacy Jagger 30-Day Blackout Case Study

Problem:

When adults think back on their favorite childhood memories, they typically reminisce about experiences that touched the five senses. What did they see, hear, smell, taste and feel? And equally as important, with whom did they experience these magical moments?

These fond memories are triggered by our need as human beings to feel **connected**. We are all hard-wired for connection. We yearn for connection from the cradle to the grave.

Research shows that kids today feel less connected than ever before. Even in light of all the time they spend interacting with their friends on social media, they are not forging true relationships nor connecting in a meaningful way.

Kids today are less inclined to go outside and play, engage in conversation, or have meaningful relationships with those around them.

There is a growing problem in today's society that is causing this lack of true connection. It is the **screens** of our tablets, computers and smartphones.

The sight and sound stimulation of our screens causes delays in children's basic developmental milestones.

One third of American children enter school developmentally delayed, and one in six children has a diagnosed mental illness.

The U.S. Department of Health and Human Services estimates that American children spend a whopping seven hours a day in front of electronic media.

Solution:

The **30-Day Blackout** is a proven method to address behavioral problems in children due to an overabundance of screen time.

Everyone in the family turns off every electronic gadget for 30 days. Every iPad, smartphone, TV and video game.

Throughout this 30-day journey, the entire family goes through a series of proven steps that drive connection and “resets” the child's brain.

Results:

When families turn off the electronics during the Blackout, time seems to slow down a bit, connection increases, and day-by-day more behavioral problems trickle away.

Why do the problems begin to go away? It is because the brain resets to a new normal and parents begin to “see” and “find” their child again. In the slowing down, they begin to have the space to communicate to their child that “I see you, I hear you, I value you, I want to be right here with you.”

The child begins to connect, maintain healthy eye contact, regulate their emotions, and concentrate on one thing at a time for longer periods of time.