



Foundation Series Workshops

Enhance productivity with balanced technology management!

Technology Balance

Disconnect to Reconnect: Parents attached to technology are detached from their children.

Learn how you can manage balance between activities your children need for growth and success, with technology use.



Overview

Children use on average 7.5 hours per day of entertainment technologies. TV, video games, internet, movies, cell phones and a variety of hand held devices now occupy the majority of our child's waking hours – but to what detriment? Developmental delay, obesity, sleep deprivation, mental illness, aggression, social isolation, poor communication, attention deficit and learning disorders have all been associated with technology overuse. The effect of chronic states of high cortisol in a sedentary body, as well as the effect of prolonged use of electromagnetic radiation, are only beginning to receive research attention, but could prove to have permanent life threatening consequences to child health. Schools are creating *Virtual Classrooms*, and homes are creating *Virtual Families*, further alienating children from essential human connection and attachment that is the basis for all learning. Children are our future, yet choices made today raise the question: are the ways in which we are raising and educating our children with technology, no longer *sustainable*?

Goal

Disconnect to Reconnect raises public awareness regarding the damaging impact of technology on child development and academic performance, and provides initiatives for homes, schools, health professionals, governments, researchers, and technology production corporations to create 'sustainable' children.

Learning Outcomes

- Relate current technology research to physical, mental, social and academic performance
- Explore the effects of media violence and cyberbullying on child aggression behavior
- Apply knowledge regarding critical factors for healthy child sensory, motor and attachment development
- Apply balanced technology management initiatives

Handouts

Technology Management Schedule

Ten Steps to disconnect your children from technology

Unplug'in Parent Brochure



Evidence based - Research referenced - Strategy focused

Creator and Speaker

Workshop creator **Cris Rowan** is a well-known speaker and author to teachers, parents and therapists throughout North America in the field of sensory integration, learning, attention, fine motor skills and the impact of technology on children's neurological development. Cris has Bachelor of Science degrees in both Occupational Therapy and in Biology, and is a SIPT certified Pediatric Sensory Specialist. Cris is CEO of Zone'in Programs Inc. offering products, workshops, training, and consultation services to promote technology balance and enhance productivity. Cris is creator of the *Zone'in*, *Move'in*, *Unplug'in* and *Live'in* programs, the Foundation Series Workshops, the monthly, free Child Development Series Newsletter, and the blog www.movingtolearn.ca. Cris is a member of the internationally known Institute for Digital Media and Child Development, and has authored the *Unplug – Don't Drug*, *Creating Sustainable Futures*, and *Linking Corporations to Communities initiatives*, as well as her first book *Virtual Child – The terrifying truth about what technology is doing to children*.



Who should attend?

Parents, teachers, administrators, special education staff, occupational therapists, speech and language pathologists, physical therapists, counsellors, physicians, psychologists, psychiatrists, social workers and child care providers. Foundation Series Workshops are designed to be *introductory* level for therapists, *intermediate* for teachers and *advanced* for parents, child care workers and teaching assistants.

How to register

Register for our Foundation Series Workshops:

1. **Online** at www.zoneinworkshops.com
2. **Faxing** this form to 1-877-8zonein (896-6346)
3. **Phoning** 1-888-8zonein (896-6346)
4. **Emailing** info@zonein.ca
5. **Mailing** Zone'in at 6840 Seaview Rd, Sechelt, BC Canada V0N3A4

Sponsor a workshop in your own community and receive a free *Zone'in*, *Move'in* or *Unplug'in* program for school or home use. Contact Cris for the details!

To register, please complete and forward the following form.

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Workshop Title: _____

Workshop Date: _____ **Workshop Location:** _____

Name: _____ Occupation: _____

Address: _____

Daytime Phone: _____ Fax: _____ Email: _____

Method of Payment:

Cheque (made payable to "Zone'in Programs Inc.")

MasterCard No. _____ Exp _____ Cardholder Name: _____

VISA Card No. _____ Exp _____ Cardholder Name: _____