

## Foundation Series Workshops

Enhance productivity with balanced technology management



## Early Intervention

**Healthy Interactions:** Critical Factors for Early Child Development



### Overview

**The job of the infant and toddler is to move, touch and connect with other humans.** Restrained by bucket seats, strollers and backpacks, infants aged 0-2 years old watch an average 2.2 hours per day of TV, and 25% have TV's in their bedrooms. Toddlers age 3-5 years use 4.5 hours per day of combined technology. This technology overuse is resulting in delays in achieving developmental milestones needed for school entry. One third of children who enter school will be categorized as “developmentally vulnerable” and go on to fail their grade 4 and 7 exams and not complete high school. Low postural tone, poor coordination, delayed speech, and difficulty paying attention and learning are just a few 21<sup>st</sup> century problems concerning therapists throughout North America. Eventual school categorization of these children as learning disabled or developmentally delayed, often with accompanying behavior disorders is eminent, resulting in difficulty achieving even the basics of literacy. Recognizing the need for achieving critical developmental elements of movement, touch and human connection is crucial in this day and age of technology obsession.

### Goal

*Healthy Interactions* raises awareness regarding the critical factors for healthy early child development of movement, touch and connection, and offers parents, teachers and therapists' practical strategies to enhance infant, toddler and early child development.

### Learning Outcomes

- Analyze current research on technology's impact on *early* child development, and differentiate popular toddler mental diagnoses from TV and videogame addictions.
- Identify critical factors for meeting developmental milestones, and for achieving foundation skills for school entry.
- Rank individual performance levels, and determine intervention strategies for pre-schools and parents.
- Apply initiatives and techniques to improve infant, toddler and child sensory and motor development.

### Handouts

*Foundation Scale for Infant, Toddler and Pre-School Early Development Directive*



**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 and training to promote technology balance and enhance productivity. Cris is creator of the new *Zone'in*, *Move'in* and *Unplug'in* programs, the Foundation Series Workshops and Zone'in Training for therapists. Cris has authored the *Unplug – Don't Drug, Creating Sustainable Futures*, and *Linking Corporations to Communities* initiatives, and is completing her book *Disconnect to Reconnect*.



## 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](http://www.zoneinworkshops.com)
2. **Faxing** this form to 1-877-8zonein
3. **Phoning** 1-888-8zonein
4. **Emailing** [info@zonein.ca](mailto: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 Amy 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: \_\_\_\_\_