



## Foundation Series Workshops

Enhance productivity with balanced technology management

## Technology Balance

**Mixed Signals:** Connection to Technology is Disconnecting Child Development

### Overview

30% of children entering the school systems are developmentally delayed, and 15% of elementary children have a diagnosed mental illness. As the “gap” widens, printing, reading and math literacy become unachievable for many children. Child behavior diagnoses escalate as child aggression creates significant classroom management issues. Why? Elementary aged children use an average 8 hours per day of entertainment technology, with over 75% of children having technology in their bedrooms. Sedentary and hard wired for high speed, new millennium children can no longer pay attention or learn in traditional school settings. Children with technology addictions are increasingly referred to pediatric therapists to treat conditions associated with low tone, poor coordination, sensory dysregulation, or sensory overload. Often misdiagnosed as ADHD, these children's primary condition of 'technology addiction' is not being recognized and treated. 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 children no longer *sustainable*?



### Goal

*Mixed Signals* raises awareness regarding the damaging impact of technology on child development and academic performance, and provides assessment and intervention tools and techniques to manage balance between activities children need for growth and success with technology use. *Balanced Technology Management* initiatives are provided for clinics, schools, homes and community settings to create 'sustainable' futures for all children.

### Learning Outcomes

- Relate current technology research to child physical, mental, social and academic impairments
- Explore the effects of media violence and cyberbullying on child aggression behavior
- Recognize parent, teacher, therapist and physician trend to diagnose and drug child behavior
- Evaluate technology use parameters using the technology screen
- Implement balanced technology management and apply clinic, school and home reduction strategies

### Handouts

*Technology Screen*  
*Ten Steps to Unplug Your Children from Technology*  
*Parent Unplug'in Brochure*  
*Unplug – Don't Drug Policy Initiative*



**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: \_\_\_\_\_ Company: \_\_\_\_\_

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: \_\_\_\_\_