



## Foundation Series Workshops

Enhance productivity with balanced technology management!

## Technology Balance

**Mixed Signals:** Connection to technology is disconnecting child development and learning



### Overview

Research reports **children use 7.5 and teens 9.0 hours per day of entertainment technologies**. Sedentary, overstimulated, isolated and often neglected, the new millennium child is not meeting critical milestones for development and learning. Current studies show:

- 1 in 2 children are **sleep deprived** adversely affecting school performance;
- 1 in 3 children enter school **developmentally delayed** resulting in printing and reading difficulties;
- 1 in 4 are **overweight** or **obese** with one third of these children developing **diabetes**;
- 1 in 5 are **learning disabled** requiring an individualized education plan;
- 1 in 6 have a diagnosed **mental illness** with associated problematic behaviors;
- 1 in 11 have **technology addictions** causing physical, social, mental and cognitive impairment.

Children with *technology addictions* are increasingly referred to school based and clinical teams to treat a variety of conditions including impaired motor or sensory development, self-dysregulation, attachment disorders, aggression, mental illnesses (depression, anxiety, compulsion/obsession), and behavior disorders. Often misdiagnosed, these children's primary condition of *technology addiction* is not being recognized and treated. Schools are creating *Virtual Classrooms*, and homes creating *Virtual Families*, further alienating children from activities they need to optimize growth and academic success. Children are our future, but the ways in which parents and teachers are raising and educating them with technology, are not sustainable.

### Goal

*Mixed Signals* raises awareness regarding the damaging impact of technology on child physical, mental, social and cognitive development, and provides screening 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

- Identify four critical factors to optimize child development and learning.
- Evaluate technology use parameters using the technology screen and professional guidelines.
- Relate current technology impact research to child physical, mental, social and academic impairments.
- Implement balanced technology management strategies in home, school, clinic and community environments.

### Handouts

*Tech Tool Kit* (includes *Technology Screen, Schedule, and Diet*)

*Parent Unplug'in Brochure*

*Technology Management Guidelines for Professionals*



3.5 contact hours = .35 CEU's

**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, attachment, 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, consultation 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 her first book *Virtual Child – The terrifying truth about what technology is doing to children*.



## Who should attend, instruction type/level, and CEU provision

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* format is presentation style with participant question/answer period, and are designed to be *introductory* level for therapists, *intermediate* for teachers and *advanced* for parents, child care workers and teaching assistants. *Mixed Signals* is an approved course with the *American Occupational Therapy Association*, classified as *Category 2 Occupational Therapy Process*. 3.5 contact hours = .35 CEU certificates will be provided to participants at the end of course upon completion of question/answer period.

## How to register (workshop organizer to fill in following registration information)

**Register** for *Mixed Signals*, fourth in the series of six *Foundation Series Workshops*:

1. **Online:**
2. **Fax:**
3. **Phone:**
4. **Email:**
5. **Mail:**

To register, please complete and forward the following form and include any dietary or special needs requests.

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**Workshop Title:** \_\_\_\_\_

**Workshop Date:** \_\_\_\_\_ **Workshop Location:** \_\_\_\_\_

Name: \_\_\_\_\_ Occupation: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

### **Method of Payment:**

Cheque (made payable to " \_\_\_\_\_ ")

MasterCard No. \_\_\_\_\_ Exp \_\_\_\_\_ Cardholder Name: \_\_\_\_\_

VISA Card No. \_\_\_\_\_ Exp \_\_\_\_\_ Cardholder Name: \_\_\_\_\_