



## Balanced Technology Management Consultative Services for Health Care Professionals

*Managing balance between activities children need to grow and succeed with technology use*

### 21<sup>st</sup> Century Questions for Health Care Professionals

**Developmental Delay:** how can a limited supply of clinicians assess and treat the rising incidence of 30% developmental delays at K entry?

**Mental Illness and Behavior Management:** how can clinicians address the rising incidence of 15% mental illness in elementary children, in addition to rising levels of aggression and behavior management difficulties? What is the role of the health care professional in the escalation of behavior diagnosis and use of psychotropic medication?



**Sensory Overload:** how much technology is too much when treating child cognitive disorders, and should clinics allow access to entertainment technology?

**Poor Attention:** how can clinicians facilitate optimal attention span of children who are sensory and sleep deprived from overuse of technology in both clinic and home settings?

**Sedentary Lifestyle:** how can clinicians promote essential movement at home and in community, as well as make recommendations for classroom, gym and playground schools settings?

**Empirical Evidence:** when there is little or no research to support the use of computers in school settings, is it the responsibility of the occupational therapist to provide consultation regarding state of the art computers for children with mild cognitive, sensory or motor based disorders?

### 21<sup>st</sup> Century Problems

Above are just a few questions being asked by parents, teachers, health professionals, government, and researchers not only in North America, but on a world stage. North American children now use 8 hours per day of entertainment technologies such as TV, movies, internet, video games, cell phones, iPods and a variety of hand held devices every day, and 75% have technologies in their bedrooms.

Research now shows causal links between technology overuse and child obesity, developmental delay, aggression, attention deficit, poor school performance, sleep disorders and social isolation. France and Australia have banned all 'baby TV' due to resulting delayed development. The US has classified media violence as a public health risk due to resulting child aggression.

Clinicians are struggling with rising caseloads of high incidence children demonstrating physical, mental, social and academic disorders, some of which may be associated or exacerbated by technology overuse. Performing routine technology screens and assisting families with technology reduction is the role of every 21<sup>st</sup> century health care professional.

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## 21<sup>st</sup> Century Answers

### Balanced Technology Management Consultative Services



The first step is for health care systems to understand the impact of technology on the developing child and family structure. The next step is for health care systems to enact management initiatives to ensure children balance participation in activities that help them grow and succeed, with technology use, a new concept termed **Balanced Technology Management**.

Cris Rowan is a pediatric occupational therapist certified in sensory integration who is concerned about the impact of technology on child health. Cris is CEO of Zone'in Programs Inc. which offers products, workshops, training and consultation services to address the impact of technology overuse on child physical, mental, social and academic performance. Cris provides a *System of Solutions* for health care systems who work with elementary aged children to better enable the health care professional to address child developmental delay, obesity, mental illness, behavior disorders, rising incidence of behavior diagnosis and use of psychotropic medication, aggression, addictions, sleep disorders, and social isolation.

Cris is offering the following consultative service model to health care systems and providers. These services will assist the professional to enhance child development and academic performance. Through improving sensory and motor processing and attention, literacy and classroom behavior also improve.

### Three Day Intensive

Cris Rowan offers a three day intensive workshop for health care providers covering the following six topic areas to guide clinicians with the latest research and techniques to assess and treat the 21<sup>st</sup> century technology addicted, developmentally delayed child.

1. **Sensory Processing** – covers sensory integration and self regulation theory, three critical factors for child development of touch, movement and human connection, application of the Sensory Observations and Strategies form, and profiles the Zone'in Program and other interventions to improve sensory processing and attention.
2. **Motor Development** – addresses the impact of declining printing instruction on literacy, profiles current research regarding literacy, application of the Fine Motor Observations and Strategies form, and profiles the Move'in Program and other interventions to improve printing.
3. **Attachment and Addictions** – profiles research showing addictions and mental illness result from dysfunctional attachments, and proposes inclusion of treatment by clinicians to address parent/child attachment development.
4. **Technology Overuse** – profiles research regarding the impact of technology on child physical, mental, social and academic performance and recommends interventions to promote activities children need for growth and success.
5. **Science of Attention and Learning** – neurochemistry of why children need to move to learn, profiles impact of nature as an attention-restorative agent, instructs how to implement touch, movement and human connection strategies in home, school, clinic and community settings.
6. **Classroom, gym and playground design** – covers why schools are struggling with the “gap” and how to increase returns on investment through re-designing environments for student productivity.

