



# Balanced Technology Management Consultative Services for Parents

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

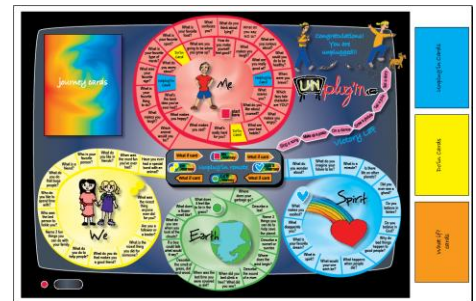
## 21<sup>st</sup> Century Problems

North American children now use 7.5 hours and teens 9 hours per day of combined technologies such as TV, movies, internet, video games, cell phones, tablets and a variety of hand held devices every day. Current research shows causal links between technology overuse and child obesity/diabetes, developmental delay, depression, anxiety, aggression, attention deficit, low grades, sleep disorders and social phobias. Children who overuse technology are hyperaroused impacting behavior and ability to learn. Parents and children who learn how to manage balance between technology and healthy activities, termed *Balanced Technology Management*, can create sustainable futures for all families!

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

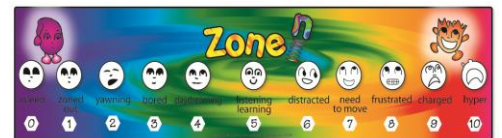
**Technology Overuse:** does your child only like doing activities that involve technology? Do they get mad when you tell them to turn off their device? Do you think your child feels confident and has the skills to do healthy activities, such as participation in sports, or having friends over to play board games? Do you think your child is addicted to technology?

Take the [Tech Addiction Questionnaire](#) and find out! Check out the new [Unplug'in Program](#) to uncover interest and develop skills in activities alternate to technology! Try the new [Tech Talks for Families](#) to improve family connection, knowledge and engagement in healthy activities.



**Self-Regulation and Behaviour:** Does your child look either too sleepy or too hyper in classroom or at home? Do they have frequent tantrums or meltdowns, or are unable to control their anger? Does your child appear to not be in control of, or able to regulate, their body energy?

Take the [Self-Regulation Questionnaire](#)! Check out the [Zone'in Program](#) to learn how to *know* and *tone* body energy and get it *Zone'in to Learn!*



Get child sensory and motor needs met with 0-12 years [Crash-N-Bump Program](#) or 13-18 years [Gym Rocks Program!](#)



**Printing and Reading Literacy:** Does your child struggle with printing or reading? Do they print or read noticeably slower than other kids in their grade? Do they get frustrated when doing homework because of difficulty printing or reading? Teachers spend an average of 13 minutes per day grades K-3 teaching printing.

Give your child the [Printing Output Speed Test](#) to see how your child compares with their peers! Make learning easy, and try the [Move'in Program](#) to improve your child's printing and reading speeds!