



## Balanced Technology Management Consultative Services for Researchers

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

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

**Risk management:** what is the role of the child health researcher in the area of risk management regarding child use of technology products, and should risk and benefit of all child technology products be investigated by independent researchers prior to production and marketing?

**Safe technology:** how much is too much? Consider usage parameters of age, type of technology, frequency/duration/intensity, and area of impact physical, mental, social and academic.

**Consumer education:** is it the responsibility of researchers in conjunction with government to provide consumers *Child Health Guidelines for Technology Products*?

**Unplug – don't drug:** is child technology addiction misdiagnosed as a behavior disorder, and if so what should health professionals do as a first line intervention in the treatment of child behavior disorder?

**Psychotropic medication:** what are the long term implications of psychotropic medication use in children in the areas of stunted growth, poor academic performance, cardiac sudden death, aggression, suicide and addictions.

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

Research now shows causal links between technology overuse and child obesity, developmental delay, aggression, attention deficit, poor school performance, sleep disorders and social isolation. The US has classified media violence as a public health risk due to resulting child aggression. France has banned all 'baby TV' due to resulting delayed development. The rapid escalation of child behavior diagnosis and use of psychotropic medication has made it imperative for child health researchers to incorporate [Technology Screens](#) into all child research.



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

The first step is for researchers to further delineate the impact of technology use on child development and academic performance. Through investigation of all technology usage parameters regarding child age, type of technology, frequency/duration/intensity, and area of impact physical, mental, social and academic – would provide rich and useful information for development of *Child Health Guidelines for Technology Products*. The next step is for child health researchers to team with technology production corporations to investigate potential risk and benefit of child technology products **prior** to production and marketing. Ensuring children balance participation in activities that help them grow and succeed, with technology use, a new concept termed **Balanced Technology Management**.

## Balanced Technology Management Consultative Services

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.* offering products, workshops, training and consultation services to address the impact of technology overuse on children. In her capacity as a child development expert, Cris is offering the following consultative services to child health researchers. These services would assist the researcher to ensure multiple necessary parameters are included in child health studies to offer information essential in the formation of *Child Health Guidelines for Technology Products*.

1. *Researcher education* regarding the impact of technology use on child physical, mental, social and academic health.
2. Translation of research into *Consumer information* regarding general risks associated with technology products.
3. *Technology product literature* development detailing possible risks inherent in use of technology product.
4. *Technology product modification recommendations* to reduce impact on child physical, mental, social and academic health.
5. *Joint research with technology production corporations* to ensure product demonstrates minimal risk and maximal benefit for child development and academic performance.



## Balanced Technology Management Health Approved Status

Cris Rowan offers to partner with researchers in advancing the development of the **Balanced Technology Management** “stamp of approval” for technology production corporations who meet designated product criteria. This stamp would serve as a researcher endorsed notification to parents, teachers and health professionals that the technology product in question meets BTM criteria of enhancing, and not eroding, child physical, mental, social and academic health.



## Advantages

Contracting *Balanced Technology Management Consultative Services* ensures your research department is actively developing research designed to minimize risk of harm from technology products. As Cris Rowan also provides products, workshops, training and consultative services to parent groups, schools, health organizations, government, and technology production corporations, researchers stay abreast of the most recent developments regarding the impact of technology on child health, and have the unique opportunity to form partnerships with other ‘team players’ in this field.

## Additional Information

Supporting research can be viewed at <http://www.zoneinworkshops.com/fact-sheet/zonein-fact-sheet/>  
*Suffer the Children* slide show can be viewed at <http://www.zonein.ca/media/SuffertheChildren.pps>  
*Balanced Technology Management* slide show can be viewed at <http://www.zonein.ca/media/CreatingSustainableFutures.pps>