



Balanced Technology Management Consultative Services for Researchers

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

21st 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 (not industry driven) researchers prior to production and marketing? Is it ethical to use technology in research paradigms with young children when there is clear risk of harm?

Safe Technology: how much tech is too much, at what age is tech too early? Consideration for differential susceptibility to technology is critical in determining who, what, when, where, why, and how of technology usage. Area of impact on child physical, mental, social and cognitive domains must be equally taken into account. See [Technology Usage Questionnaire](#).

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

Mandatory Tech Screening: is child technology addiction misdiagnosed as a behavior disorder, and if so what should teachers and health professionals do as a first line intervention in the treatment of children with problematic behaviors? Check out the [Technology Screening Tool](#).

Unplug – Don't Drug: what are the long term implications of psychotropic medication toxicity children in the areas of stunted growth, poor academic performance, cardiac sudden death, violent aggression, suicide and addictions? Read the [Unplug - Don't Drug](#) article.

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. The US has classified media violence as a public health risk due to resulting child aggression. France is restricting 'baby TV' due to resulting developmental delays. China and South Korea now have over 1000 youth technology addictions centers. What should North America do?



21st 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**, should be incorporated into discussion and recommendations section on all relevant research.

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 comprehensive impact of technology use on child physical, mental, social and cognitive health.
See [Tech Talks for Therapists](#), now a post-doctoral university course.
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 products.
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 unbiased research results, and that technology 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* seal of approval for technology production corporations who meet designated product criteria. This seal 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 cognitive 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 development, behavior, and learning, and have the unique opportunity to form partnerships with other 'team players' in this growing field.

Additional Information

[Zone'in Website](#) profiles products, workshops/webinars, training and consultation services.

[Zone'in Research Fact Sheet](#) over 300 research references on impact of technology on children and productivity.

[Child Development Series Newsletter](#) monthly free newsletter with collated research and news.

[Moving to Learn Blog](#) research referenced articles by Cris Rowan with over 1000 hits per day.

[Virtual Child Book](#) textbook available on Amazon in English, Chinese and Spanish versions.

[Ten reasons to ban handheld devices for children under 12 years of age](#) Huffington Post article with 2.3 million likes.

[Suffer the Children](#) – 4 min. slide show profiling problems associated with technology overuse by children.

[Balanced Technology Management](#) – 7 min. slide show profiling solutions in six sectors: parents, teachers, health professionals, government, researchers, and technology corporations.