

## Balanced Technology Management Consultative Services for Teachers



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

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

Schools are struggling managing student use of entertainment technology in classrooms, gyms and recess, yet support escalating use of industry driven education technologies. 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. While *student movement* and *access to nature* have been shown to improve attention, learning and behavior, playgrounds fall into disrepair. While printing is the salient determinant for literacy, teachers spend an average of 13 minutes per day in printing instruction grades K-3 in favor of computers. Teachers and students who learn how to manage balance between technology and healthy activities, termed *Balanced Technology Management*, can create sustainable futures for all schools!

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

**Developmental Delay:** how can schools assess and treat the rising incidence of already a 30% developmental delay at K entry? Rank your students development using the [Foundation Scale Grade K-6 Children](#).

**Mental Illness and Behavior Management:** how can schools address the rising incidence of 15% mental illness in elementary children, in addition to rising levels of aggression and behavior management difficulties? Try the [Schools Operating Safely Policy!](#)

**Self-Regulation:** with behaviors across the map, how can teachers manage classrooms and maintain a safe and productive learning environment? Give students the [Self-Regulation Questionnaire!](#) Check out the [Zone'in Program](#) for self-regulation to teach students how to *know* and *tone* body energy and get it *Zone'in to Learn!*

**Declining Literacy:** what is the impact of increased use of computers in classroom settings on ability to print, read and perform math, and should schools continue to teach printing, and if so how? Give your students the [Printing Output Speed Test](#) to see how each child compares with their peers. Make learning easy, and try the [Move'in Program](#) to improve your student's printing and reading speeds!

**Sedentary Lifestyle:** how can schools promote essential movement in classroom, gym and playground settings without disrupting teaching and learning? Get child sensory and motor needs met with 0-12 years [Crash-N-Bump Program](#) or 13-18 years [Gym Rocks Program!](#) Read [Children who don't move, can't learn](#).

**Technology Overuse:** how can teachers make informed decisions regarding physical, mental, social, and cognitive performance, by applying the latest research on the impact of technology on children? Raise the caliber of your teachers and support staff with the 18 hour [Foundation Series Workshops](#) available live and in webinar version for Pro-D with Approved Provider Status and CEU's through AOTA. Achieve staff certification in *Balanced Technology Management* with the 5 hour [Tech Talks for Therapists](#), now a post-doctoral level course at Pacific University! The [Live'in Resource Guide](#) maps out a school-based media literacy and Balanced Technology Management program for elementary students.



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

### Balanced Technology Management Consultative Services



The first step is for education systems to understand the impact of technology on the developing child and their ability to behave properly, pay attention and learn. The next step is for education systems to enact management initiatives to ensure students 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 and biologist 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 school and education systems working with elementary aged children to address child developmental delay, obesity/diabetes, mental illness, behavior disorders, rising incidence of behavior diagnosis and use of psychotropic medication, aggression, addictions, sleep disorders, and social phobias.

Cris is offering the following consultative service model to elementary schools and teachers. These services will assist the education system to enhance child development and academic performance. Outcome measures include improved attention, learning and grades, decreased problematic behaviors, improved mental health, improved literacy, improved health indicators for obesity and diabetes, and enhanced sensory and motor development and processing.

### One Week Intensive - \$5000 plus travel and accommodation

Cris Rowan (or one of her certified *Foundation Series Workshop* Occupational Therapy Instructors) offer a one week intensive consultation to schools where they can provide the following services based on school needs as expressed by special education director. Instructors will also provide individual services as requested.

1. **Individual and/or group sensory and motor screenings, assessments, interventions and recommendations.** Upon request, interventions may include implementation and training for Zone'in, Move'in, Unplug'in and Live'in Programs. Cris works intensively with the school's designated special education teacher for supplementary training and application of recommendations.
2. **Parent, educator and health professional workshops** in the areas of sensory processing, motor development, attachment and addictions, technology impact, movement and nature impact on learning, and classroom, gym and playground design for success.
3. **Classroom, gym and playground design** consultation to promote increased sensory and motor experiences to enhance behavior, attention and learning; includes assistance with funding proposal models and resources.
4. **Additional consultation as requested** e.g. attendance at individual student IEP meetings, reports, training of staff members to implement programs.

### OT in a Box – only \$999

*OT in a Box* contains everything you need to advance your staff skills and expertise. *OT in a Box* includes the 18 hour [Foundation Series Workshops](#) and the 5 hour [Tech Talks for Therapists](#) which are AOTA Approved for CEU's and include extensive handouts and assessment tools, [Live'in Resource Guide](#), [Virtual Child Book](#), and the [Zone'in Program](#), [Move'in Program](#) and [Unplug'in Program](#) for small groups (up to 5 students). Check [OT in a Box](#) here!