

A Cracked Foundation



How Virtual Parenting is Destroying Children

Fragmented, frazzled and far too busy, *Today's Families* are struggling to survive. While family members are connected to technology's virtual reality, they are also experiencing the *Triple Disconnect* from themselves, others and nature. Children use on average 6.5 hours per day of TV and videogames, with over 50% of children having TV's in their bedrooms. Family dining room tables are being replaced by big screen TV's, causing meaningful conversations between parent-child to drop to a mere 3.5 minutes per week. Family conflict and child aggression are on the rise, as the lure of technology 'dumbs down' and 'numbs' even the brightest of brains. The foundations for child development are finally *cracking*, resulting in attachment disorders and delays in physical and mental development that we are only just beginning to understand. Parent's misperception that the world is unsafe, and children's misperception that nature is unsafe, have markedly limited critical elements for child development. Child independence, *Inner Drive* and motivation to do anything non-techno is on the decline, while creativity and imaginative play disappear. Parents seem to have forgotten what it means to parent, and children have forgotten how to play. *A Cracked Foundation* offers fragmented families a much needed *Repair Kit*, which will help *Virtual Parents* learn how to pick up the pieces, discover why their family disconnects, and learn new ways to re-connect.

Workshop Goal – *A Cracked Foundation* raises awareness about the significant damage technology has caused to the family unit, and how *Virtual Parents* are unknowingly inflicting The Triple Disconnect on their children and partners, and offers helpful strategies to bring families back together.

Learning Outcomes

- Identify three critical factors for child development, and list five techniques to improve connection.
- Analyze current research on technology's impact on family systems, childhood aggression, physical and mental health, and addictive behaviors.
- Using provided *Attachment Questionnaire*, identify your own attachment status and list three relevant techniques to improve connection.
- Discover how to play again, and using the provided *Things to Do When Not Watching TV* and *Inner Drive Directive*, list five techniques to improve play and promote inner drive.
- Using the provided *Zone-O-Meter*, identify body energy zones, and apply relevant *Zone'in* tools and techniques to get children *Zone'in to Connect*.

Cris Rowan is a well-known speaker and author to teachers, parents and therapists providing over 200 keynotes and workshops throughout North America. Cris has BSc's in both in Occupational Therapy and in Biology, is a SIPT certified Pediatric Sensory Specialist, and has worked in the school system for the past decade. Cris authors the *Development Series Newsletter*, created the *Zone'in and Move'in Educational Programs* for schools and homes, and recently started *Rowan Training Systems* for registered Occupational Therapists.



To REGISTER:

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By fax: fill out the attached registration form

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REGISTRATION FORM

Workshop Title: _____

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Occupation: _____

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<u>Circle the workshops you wish to attend</u>	<u>Regular Price</u>	<u>Early Bird Price</u>
Morning session	\$150	\$125
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Cancellations will not be accepted within one week of the workshop date.*

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*For more information, contact the Zone'in office at
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