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Pediatric Occupational Therapist Cris Rowan presented  
**“Disconnect to Reconnect” workshop** on Jan 27, 2011  
for parents in Kamloops, BC

*What did the participants have to say?* (14 responses)

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	75%	25%			
The workshop was well organized	65%	35%			
The workshop was just the right length	69%	31%			
The instructor was well informed	100%				
The workshop materials were useful	82%	9%	9%		
The workshop objectives were achieved	82%	18%			

What was the most valuable thing you learned in the workshop?

- It was validating to learn that it is so important to stay connected with your kids.
- That there is actually somebody doing something about it.
- Everything!
- I learned a lot about what to look for from our children and that I'm not alone.
- The control we need to use for technology. Sleep disorders, stimulants, violence.
- It is not ADD, it is Nature DD.
- It was reassuring that we are doing the right things in our home regarding technology use.
- Dangers. Linked to medical facts.
- Disney false advertising.
- It's all about balance.
- I'm on the right track with my kids!! ☺
- Stats and plans.
- It was validating to learn that it is so important to stay connected with your kids.

Was there anything not covered in the workshop that you felt should have been?

- Great presentation.
- What are the potential negative impacts of developing a child to be more sympathetic and less aggressive i.e., will they be more susceptible to bullying, etc.? Please contact me if you have more information on this question! [Ben.verwey@gmail.com](mailto:Ben.verwey@gmail.com)
- No, everything was covered.
- No.
- For the time available – as much as possible was covered, but I'm sure there is much more.
- Our child always needs our instruction—he has never played with toys on his own. It's not possible to be available 24 hours a day and how can we deal with this?
- No.
- More strategies for working with “addicted” children—weaning away.
- Great presentation.

How could this workshop have been better or more helpful?

- Longer question and answer period at end of session.
- Not sure, was great!
- It was great.
- More stories (personal). Technology manners around others.
- It was great. I received a lot of great information.
- Longer Q & A period at end of session.

Would you recommend this workshop to others? If not, why not?

- Absolutely, YES!
- Yes.
- Yes!
- Yes, yes, yes.
- Yes, this would be a good course to teach children and young adults in school. Children should be aware of how being plugged in will affect them.
- Definitely. I would recommend it to all parents and parents-to-be.
- Yes. Many other parents need to hear this! Unfortunately, the parents that should be here are not.
- Yes.
- Yes.
- Yes! It is such an important issue.
- Yes!
- For sure. Very valuable.
- Absolutely, YES!

Any other comments?

- Please send email of power point as mentioned. Thank you! Keep plugging away 😊
- I want to get involved.
- Thank you very much !!! 😊
- Thank you! Mrs. Rowan is a fantastic presenter! Perhaps teach children in schools why it's important to limit technology use??
- Yellow on the slide shows difficult to read.
- Thank you.

**Analysis:** Generally well received. Recs to teach children about results of technology overuse.