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Pediatric Occupational Therapist Cris Rowan presented  
**“Healthy Interactions” workshop** on March 3, 2011  
**for parents and ECE worker’s in Kelowna, BC**  
*What did the participants have to say?*

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	43%	57%			
The workshop was well organized	61%	35%	4%		
The workshop was just the right length	40%	46%	7%	7%	
The instructor was well informed	61%	39%			
The workshop materials were useful	50%	43%	7%		
The workshop objectives were achieved	46%	50%	4%		

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

- That children 0 – 2 should have no tech exposure
- DVD for family/ideas for work and equipment can share with their teacher. Initiate an Unplug week.
- Get out into the green!
- The actual limits that children should have of technology.
- How important it is for children to move around and interact with each other and adults, and how electronics affect their behavior.
- The importance of disconnection to the technology.
- How much technology has taken over our lives with our children
- The facts were very interesting.
- Baby Einstein video’s was an eye opening, impact of technology, great speaker. Thank you.
- The therapy of returning to nature.
- I liked the point of electromagnetic chaos.
- Things I can apply to my work setting at a daycare centre.
- How much TV babies and toddlers are watching.
- How technology disrupts development.
- How much technology plays a role in children’s development.
- How movement sensation is the first stepping stone to all development.
- All \* I learned a lot and agree a lot.
- The effects of the 21<sup>st</sup> century.
- The importance of getting “back to nature”.
- Some things were really shocking, scary to know what is going on.

- Awareness of technology for children under 4 yrs.
- That we are seriously harming our children with all this technology, we need to do something about.
- Amazed at how much TV is watched by young children.
- The negative effects of technology of children (statistics).
- The whole thing about Baby Einstein video's being refunded.

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

- More info on WiFi side effects
- Explore the unattachment more, the reasons for escaping into technology or the parents usage of technology as a "babysitter" and re-energize/motivation to get re-engaged as a family.
- Use of jolly jumpers, exersaucers, and other harms to small children's physical development.
- What 'can' be done instead when they are done and need to have down time after school or daycare.
- No
- N/A, great presentation.
- No
- More awareness of technology to babies/infants.
- More about attachment. No!
- No
- My son is 32 and ADHD. Had no TV growing up. Always played outside, lots of green exposure and movement. Never gave him (??? can't read), so some is genetic or chemical imbalance!
- As much as ADHD, Autism, other mental health issues can be lessened eliminated by nature etc, some are genetic and chemical imbalance related!
- Lots of very interesting information.
- No

How could this workshop have been better or more helpful?

- Go more into "tools" for parents (break the barriers of "play is boring").
- A bit more concise; sheets/handouts geared towards parent handouts.
- It was close to perfect.
- During powerpoint slide show all captions should be printed @ the top so they can all be read from all parts of the room.
- It was well instructed and all information was very well addressed.
- No
- More sessions – seemed rushed – not enough time.
- Start in the day.
- Not sure
- Was very good
- A lot of information in a short time span.
- More water

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

- Yes
- If they were unfamiliar or new to, youth interested EDD, open to Power Point learning. I would have preferred more focus on the healthy interaction tools.
- Yes
- Yes
- Yes – I have always felt that there is too much TV in general.
- Yes
- Yes, mainly to parents.
- Yes – I loved the cookies

- Definitely
- Absolutely
- Yes, very informative. Great presentation. This information is so pertinent to parents. Thank you!
- Yes!
- Yes
- Yes, especially where society is now.
- Yes – was very useful and full of information.
- Yes
- Yes
- Yes! Especially licensing officers.
- Yes
- Absolutely
- Yes
- Yes
- Yes, most definitely
- Yes
- Yes
- Yes. I think it's important for both parent's and caregivers to be informed on the subject.

#### Any other comments?

- Thank you so much!!
- Toolkit of Safety for the twelve year olds/babysitting, or independence is a great idea (free vs. go at college). Do you have more info for parents with older children and teenagers? I will check your website. Thank you for all you hard work!
- What are good ways to use technology & how?
- Thank you for sharing this very important information with us.
- Would like it at an earlier time or on a weekend.
- The activities to “waken us” were a very good idea. Thank you for all the valuable information.
- Great coffee and snacks. Thank you!
- Thanks for making this so accessible by being free.
- As an ECE I feel the licensing officers need to agree so we can go forth.
- A lot of info but not enough time!
- Great, very informative
- I enjoyed the information given
- No

Analysis: Generally well received.