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Pediatric Occupational Therapist Cris Rowan presented
“Healthy Interactions” workshop on March 4, 2011
for professionals in Kelowna, BC
What did the participants have to say?

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	68%	32%			
The workshop was well organized	64%	36%			
The workshop was just the right length	41%	23%	14%	8%	14%
The instructor was well informed	82%	18%			
The workshop materials were useful	59%	41%			
The workshop objectives were achieved	68%	32%			

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

- The statistics – they really want you to make a change.
- The statistics, alternate things to do in place of using technology.
- Impact of technology.
- Remove TV and technology from children to increase better development.
- Tools to bring parents.
- The importance of play in terms of being outside.
- How to “unplug” your children from technology and how technology can adversely effect children’s development.
- That children under 2 don’t “watch” TV.
- The workshop confirmed what I have been thinking for a long time. How detrimental technology can be to young developing brains.
- The stats on TV and electronics that children watch or have. I knew it was bad, but not that bad.
- Movement sensation and the proprioceptive system. Value of attachment.
- Reinforced belief that technology in the early years has a negative impact on the child, and technology use is rampant.
- All the research that has been done and is available to us.
- That it’s vital for children to move and play and that they shouldn’t watch TV/video’s.
- Strategies for play.

- Children's recommended use or time for technology/day.
- How much children are really exposed to technology and how to reduce it. Failure to launch parental attachment linked to disorders and how easy it is to prevent.
- Stats, take home material, green space info, websites to check out.
- How detrimental technology use is.
- The stats on effects of technology i.e. depression, attachment, great ideas about deep pressure touch and rough and tumble play.

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

- No
- No
- More resources and ideas on how to remove technology.
- No. The information was very thought provoking.
- No
- No
- More emphasis on what to do.
- When using technology...what are some good strategies that will dovetail with what you are working on away from the screens.
- No
- More time spent on the end of the presentation.
- No

How could this workshop have been better or more helpful?

- Longer and include a short break.
- Not all the slides were touched on – that would have been nice.
- Great, nothing missing.
- Longer time length for a “need to move bathroom break”
- More “to do’s”.
- Could have been a full day workshop.
- Less on all the scary stats...It's like listening to the eve news...”Scientists say...”
- Don't think so.
- None – well, perhaps longer.
- Perhaps one more hour including Q & A time.
- No, it was said.
- Need part II's and III's and individual workshops i.e. on attachment, touch etc.
- Thanks! That helped. More explanation about young children's reactions to media violence. What happens when children don't process?

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

- Yes
- Yes
- Yes
- Yes – this could be useful to parents.

- Yes – absolutely.
- I would highly recommend this workshop.
- Yes! To all the parents of the children in my care as I see some patterns already developing.
- Absolutely
- Sure, lots of info.
- Yes
- Yes
- Yes – especially parents or parents to be.
- Definitely
- Yes, but I'd say only attend the last ½...We already believe the 1st half or are in complete disagreement with it...the workshop won't change that.
- Yes, definitely.
- Yes – great for providers, parents, other persons working with children.
- Yes
- Yes
- Yes

Any other comments?

- Very interesting – everyone should be aware of these facts and studies!
- Well put together, informative.
- Great handouts.
- Workshop was great and very informative.
- Will you be offering an attachment workshop in Kelowna?
- Maybe break it up a little more.
- Thank you so much for sharing your expertise with us. It was amazing!
- Additional workshops, perhaps a “series”.
- Just “thank you” – “no cost” is priceless!
- Too short!
- Just touched on so much stuff. Would be better serried to focus and expand on limited topics i.e. importance of touch could have been all on its own.

Analysis:

Generally well received. While many found the stats the most valuable thing learned, others wanted more practical application.