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Pediatric Occupational Therapist Cris Rowan presented
“**Screen Time vs. Green Time**” workshop on Jan 26, 2012
to parents in Kamloops, BC

What did the participants have to say?

| | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree |
|---|----------------|-------|---------|----------|-------------------|
| The workshop objectives were clearly stated | 57% | 39% | 4% | | |
| The workshop was well organized | 65% | 35% | | | |
| The workshop was just the right length | 35% | 52% | | | 13% |
| The instructor was well informed | 87% | 13% | | | |
| The workshop materials were useful | 65% | 22% | 13% | | |
| The workshop objectives were achieved | 52% | 48% | | | |

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

- Everything -☺
- Resource information, website and videos.
- Kids’ addiction and technology.
- Ways to limit screens. Brain material.
- The statistics were useful.
- The impact of technology and ideas on how to unplug.
- Interesting statistics and anecdotal information.
- I will disconnect the computer.
- All of it. Eye opener.
- Facts about damage to children’s brains/ screen time! Lots of ideas for parents of children at my school.
- How pervasive technology is and how the basics of healthy living and attentive parenting can reduce the negative effects of too much screen time.
- The effect on self – others – nature.
- Where to find resources.
- The statistics were shocking!
- Decreased technology use especially for young children.

- I felt empowered to change/educate my family and children.
- 2D & 3D differences, space differentials, not using frontal cortex, vestibular systems, proprioceptive systems.
- Time expectations for technology use.
- Many confirmed and inspired.
- Role of play is so important.
- The amount of research that backs up the negatives from overuse of technology.

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

- No
- “Educational” applications.
- No.
- No – it was informative and enough material for the time frame.
- Positives! How to decrease damage. How to get the word out there!
- Parents need to be models for these changes. How much time do parents (anyone) spend outside?

How could this workshop have been better or more helpful?

- A short break to refresh the brain and stretch.
- More hours and Cris, she is amazing!
- More active participation components.
- It’s pretty good. A bit long.
- Longer 😊
- More time dedicated to strategies, i.e., what we can do.
- Additional time for questions and answers.

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

- Absolutely.
- Yes.
- Yes.
- Depends on their needs.
- Yes, would be helpful to young parents.
- Yes.
- Yes, very informative.
- Yes.
- Yes.
- Yes.
- Yes. I think this is really important for parents to be aware of.
- Yes.
- Definitely. New parents – teachers.
- Yes.
- Yes!!
- Absolutely. Everyone needs to know what is happening with our children.

- Yes.
- Yes!
- Yes! Very informative!
- Yes – definitely.

Any other comments?

- A short 5 minute break half-way through would be nice.
- Thanks for bringing Cris back!
- Thank you for re-affirming the outdoors aspect.
- Would have liked a short break.
- This will be helpful for my workplace.
- A bit overwhelming.
- Thank you! Thank you! Thank you!
- Thank you so much. I took a lot away from this workshop.

Analysis: Generally well received. Wanting a break.

Action: Usually don't do breaks for 2 hour workshop, but next time will ask group if they'd like a break half way through.