

Pediatric Occupational Therapist Cris Rowan presented
“Disconnect to Reconnect” workshop on January 27, 2012
for Salmon Arm, BC - Parents Workshop

What did the participants have to say?

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	67%	33%			
The workshop was well organized	78%	22%			
The workshop was just the right length	50%	22%	17%	11%	
The instructor was well informed	94%	6%			
The workshop materials were useful (17 responses)	65%	29%	6%		
The workshop objectives were achieved	83%	17%			

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

- Stats, brain function, neurology.
- Balance – informing our young people what is being found.
- Evidence based research – Thank you!
- Touch and anxiety. The magnitude of technology’s effect on kids and us.
- Brain development. 1 hour, 1 day, 1 week!
- Hard to think of one thing! Always helpful to hear about actual hard science studies though.
- Horrifying statistics.
- Impact of technology on brain function.
- Information about brain research.
- Suggestions for simple rules for limiting hours of technology at home.
- 1 hour/day, day/week, week/year.
- How much more we have to learn. Clarity of such a controversial issue.
- Importance of balance.
- How technology affects brain development.
- How to decrease TV time in my house.
- The value of “play” and encouraging active children.
- How important touch is for children and their ability to learn.

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

- Like to see one geared for our teens – they are making choices – educate them in school – give them the facts.
- No.
- I don't think so!
- Is there an age when it's too late to reverse the damage to the frontal cortex?
- More rounded view of impacts on all 5 development areas and less on cognitive area.
- Is there any **evidence based** theory that is positive for technology?
- No.

How could this workshop have been better or more helpful?

- Very good.
- More movement, decreased sitting.
- A few more tools, but I can see how it would be hard with the time and amount of information given. (Sorry, answered this before the end.)
- Possibly a break – hard to sit for 2 hours!
- A very short break.
- A little less repetitive.
- More examples of techniques to unplug.
- More movement/interaction for audience would be welcome fun!
- Maybe more time.

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

- Yes. Interesting. Lots to think about.
- Yes!
- Yes. I feel it is very important to pass this information on to our teenagers who will be parents soon.
- Yes.
- Yes.
- Yes.
- Yes! Because technology use is so pervasive in our society.
- Yes.
- Yes, it was very good.
- Yes.
- Yes.
- Yes.
- Yes. To parents.
- Yes. I'd recommend to all parents.
- Absolutely!
- Yes.
- Yes.

Any other comments?

- Hope to try the 1 hour, 1 day. 1 week would be tough.
- Thank you!
- Thank you, very informative.
- Loved it – thanks!
- It was very interesting and well researched, just a little long for the end of the day.
- Great to provide research and U Tube “Suffer the Children” to back up the thinking.
- Impact of child-to-child interaction? (We have smaller families.)
- Impact of nuclear family; loss of intergenerational interaction.
- Thanks! (And, check out XBOX Kinect.)
- I would like to hear more from Cris Rowan.

Analysis: Generally well received. Wanting info on teens, but usually don't address > 12 years as too much info to cover in 2 hours.

Action: Will add a bit on teens for those who only have older children.