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Pediatric Occupational Therapist Cris Rowan presented  
**“Disconnect to Reconnect” workshop** on October 4, 2013  
**for parents in Edmonton, Alberta**

### *What did the participants have to say?*

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were met	52%	44%	4%		
The workshop was well organized	78%	22%			
The workshop was just the right length	56%	27%	14%	3%	
The instructor was well informed	89%	11%			
The workshop materials were useful	63%	30%	7%		

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

- All of it.
- Basic practice to let the children involve as member of the family.
- Sense of touch, and importance of play in children’s lives.
- The length of time for video gaming.
- Provided some good resources to start the tech balance conversation.
- Children need to be active. Let them play outside rather than any form of technology.
- The impact of tech use and how little changes have a great positive impact.
- How touch was important for children.
- How quickly the effects of technology can happen, both in time and age.
- Research results.
- Suffer the children.
- The 4 critical factors for child development: movement, touch, human connection and nature.
- To live more in reality rather than in the virtual world. MORE TIME TO ENGAGE WITH KIDS!
- Babies – 2 yrs – no tech. Green spaces are healing and better than indoors too much.
- Speaker’s personal experience and relevant examples.
- How tech impacts my child.
- Tech can be reduced and removed; it should be done in steps, not all at once.
- The less technology (TV, video games) the better life for the child.
- Statistics of tech use by children. I see this problem in my brother, even though he tells me otherwise.
- Signs of addiction and areas affected.
- The strong and important value of the 4 basic “Building Foundations” components.

- It was a good reminder of how outdoor activities/physical activities are important for children and how parents lifestyle has an impact on children's lives.
- How children are impacted.
- Critical foundations – touch, nature, movement, connection. Reduce iPhone and computer use.
- The consequence of too much technology.

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

- All material was excellent. Needed more time.
- Solutions to balancing tech. (*Presenter note: participants were provided with Parent Unplug'in Brochure and Ten Steps to Unplug Your Children from Technology*).
- None.
- Well balanced, but maybe more examples on how to change things.
- N/A
- More ways to get engaged in the family.
- Children nature temper.
- More comfortable sits would really help.
- No.
- The things I can do to combat the problem – I wish we hadn't rushed through your recommendations.
- Strategies for taking these steps, actual activities, programs to get kids outside to play.
- How to control the child to avoid technology, or give them limits.
- Nope.
- Not enough for teens.
- N/A
- I think pretty much everything was covered.

How could this workshop have been better or more helpful?

- More time required.
- A little more time, and less time on neglect.
- More emphasis on solutions and tools.
- More practical tips on how to change things.
- Include more case studies to give us some real examples.
- The end looked very informative, but we ran out of time.
- More examples.
- Longer – earlier.
- Pacing. A bit less wasted time at the start with the Q's on EC mapping.
- Some of the research used/referenced is over ten years old. (*Presenter note: older research, for example on importance of touch and impact of media violence, is referenced to show how long we have known these facts, yet failed to act on them*).
- Give us a way how to control the child. First parents give the child model.
- Two 1.5 hour sessions instead of one 2 hour session.
- Less repetition of same topics.
- It is already awesome!

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

- Yes. All parents need to gather up this material.
- Yes.
- Yes. People who expose their children to too much media technology.
- Yes.
- Yes.
- Yes, absolutely!
- Yes.
- Yes.
- Yes.
- Yes.
- Yes, so they will be informed regarding the effects of technology on physical and mental health of their children.
- Yes. Very informative and might or will really help parents and child educators to find more ways to be more engaging.
- Yes, for sure.
- For sure!
- Yes!
- Yes, I would recommend this 'talk' to others, but it is not really a 'workshop'.
- Yes, it is very useful now a days.
- Yes. A good professional development project.
- Yes.
- Definitely!
- Yes.
- Yes, absolutely!!
- Yes.
- Yes.
- Yes.

Any other comments?

- Need contact info of instructor. Excellent workshop. (Presenter note: contact info was on last slide in power point handout. [www.zonein.ca](http://www.zonein.ca) website; info@ zonein.ca email).
- Very informative.
- Keep up the good work!
- Too rushed at the end. Stats we can all read tools would have been much more important from my perspective. P.S. – more comfortable chairs for longer workshops.
- Wish we would have had a bit more time; great presentation; various mediums used! Thank you so much!
- This is a very good program.
- Not only for parents and caregivers, but also for children. (*Presenter note: I'm currently taping a webinar specifically for children, and another webinar for youth*).
- The speaker did her job well and I thank you for the information we've learned from this workshop. GOD BLESS!
- Thank you for the information and enlightening me, very helpful.
- Excellent knowledgeable speaker, excited about her work, great job!
- There is an error on the pyramid 'Virtual Futures'; either the handout or the power point is incorrect. (*Presenter note: Thank You!*).
- We provide fine/gross motor for our children. Each day we offer 45 min to 1 hr. physical movement either outside or in the gym. I am a kinder care teacher and an out of school

care provider. Our company has a zero tolerance of electronics. We only allow it when its an earned special activity.

- Add protein to combat sugar crash (treats).
- Less video clips and more talking.
- I truly enjoyed the workshop.
- Well presented. A lot of info, but not overwhelming.
- More workshops like this; reaching out with info to parents is better than providing websites, brochures, etc. Workshops are good ways to get info to parents, as parents often don't have time for websites, handouts, tech info. We need 'face to face' too!

Analysis: need more focus on tools and solutions for parents.

Action: reduce impact content and allow time for tools and solutions. Suggest to workshop organizers that additional time could be used to plan group based interventions.