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Pediatric Occupational Therapist Cris Rowan presented
“Mixed Signals” workshop on October 4, 2013
for health and education professionals in Edmonton, Alberta

What did the participants have to say?

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were met	79%	21%			
The workshop was well organized	79%	21%			
The workshop was just the right length	47%	33%	7%	12%	1%
The instructor was well informed	98%	2%			
The workshop materials were useful	80%	20%			

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

- The importance of shutting off technology → detriments.
- Tips to support parents in setting boundaries with their kids tech wise.
- The research and benefits/suggestions for families, children, myself to unplug.
- The damage that too much technology can do in the early years.
- Learned so much, that I can't identify what was most helpful.
- This workshop validated for me that video games are detrimental to children.
- The stats.
- It opened my eyes in a world that promotes technology – the importance of managing technology.
- Strategies for balanced use of tech.
- The resources that I can access for myself, my students, and my teaching colleagues.
- Awareness to critical matters.
- Awareness ++++.
- The impact of technology on young children.
- That there is a whole roomful of people concerned about children and early childhood development because the info at the workshop is valuable but overwhelming and “sad”.
- Alerting to my responsibility to be vigilant with teachers “Show me the research”.
- Confers with research base and my beliefs.
- Everything in this workshop was very interesting.
- Decrease tech usage and increase socialization.
- How electronics affect growing children.
- I learned the children use 11 hours per day of technology, and that in some cases, it is an addiction.

- Over-sensitivity to stimulation can happen.
- Information about EMF radiation emission from technology.
- The impact of the overuse of tech, and how I can help.
- Technology's effect on brain development.
- The idea that we're treating a systemic problem as an individual one. (*Presenter note: participant was referencing information regarding 1 in 6 children have a diagnosed mental illness, with many on psychotropic medications*).
- Balance.
- Seeing the urgency of making changes in disconnecting children from technology.
- Limit time for kids to play games, watch TV etc.
- One nation under therapy; your brain on porn, desensitization from Grand Theft Auto, younger children's brains have more water and skull thinner so more exposed to radiation from technologies, tech causing lack of engagement and attachment with parents, sedentary sitting when playing video games resulting in blood clots in legs, change the beginning and you can change the whole story!
- Too much technology is bad for child development.
- The stats.
- Everything. One hour in (tech) = one hour out (healthy activity). Reiterates the importance of relationship and connection.
- The statistics and research. Sharing the info learned to "unplug".
- That addiction is the result of lack of attachment – we need to ADVOCATE attachment, pros and cons.
- Effects of tech use on children.
- Profile of gamers and shooters. Amount of time spent in front of tech devices. Love the videos and research base.
- We need to monitor children using iPads, cell phones, TV, etc.
- The last hour was beneficial.
- The answers to HOW technology affects us and our children.
- Balance!!
- How detrimental technology can be when not used correctly/supervised/regulated.
- Info about tech use for very young children.
- I will take the info to our school division.
- We need to change the use of technology by children immediately. Children need to play and be outside more.
- Loved having access to videos to use with parents.
- EMF warnings; sleep deprivation studies and data; mental illness correlations to behaviors, meds, disconnection, attachment and technology.
- So many. Top of my head, how much media violence affects violence in life.
- So many valuable things were presented! Change of brain function in young children.
- The effects of technology on brain development and learning, even prenatal health.
- Concern for use of educational tech equipment is a valid one.
- How dangerous technology is.
- All of the resources and links to information and studies.
- One hour in (tech) = one hour out (healthy activity) framework.
- The early years child brain development.

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

- No, I thought the material was great.
- No. It was very thorough and balanced.
- N/A.
- No, I think it covered a good variety of material.
- No.

- Did we run out of time for all 6 (?) domains? Only covered 2. *(Presenter note: covered all four domains of impact of technology on children; physical, mental, social, academic).*
- Not enough about what we can do.
- No.
- Would have loved to spend more time on strategies to address these concerns and balancing/management. Could have been longer to cover the content.
- I don't think so.
- No.
- No.
- What we can do. Specific suggestion for parents. How to talk to parents who don't want to hear this! We needed more time!!!
- Balanced does not equal banned. How to balance? *(Presenter note: participants were directed to watch the Balanced Technology Management slide show on www.zonein.ca which lists initiatives for six sectors: parents, teachers, health professionals, government, researchers, technology production corporations).*
- No.
- N/A
- Could be longer to get through all the material.
- I learned so much – I wish to see you speak again! Thank you so much!
- So much learned.
- No.
- More time on how to change this.
- No. Very well done.
- More of the last hour “in detail”.
- No.
- Just a bit more time to cover info and Q & A's.
- No.
- How does the radio affect parent/child interactions. *(Presenter note: to date, there is no research showing any negative effects of the parent listening to the radio on their interactions with their children).*
- No. I fell I've been given so much valuable information.
- I don't think so.
- Very informative.

How could this workshop have been better or more helpful?

- Maybe a break in the 2nd half. It was great info, but started to zone out.
- Adequate time to complete slideshow.
- Free handouts to pass along to families. *(Presenter note: free handouts are located on website www.zonein.ca).*
- A short break in the middle of the afternoon session for going to the bathroom.
- A bit long – though maybe need to cover amount of material.
- Just right.
- Please have a bit more time to cover the topics/screen slides.
- Too much focus on gaming. Possibly causation being assumed when correlation is being found. *(Presenter note: video games cause child aggression; lots of causal research in this area. Please reference Fact Sheet at www.zonein.ca).*
- More time! Great info!!
- Prevention and treatment protocols.
- More time on what we can do.
- A lot of material. I found it a bit rushed.
- More time! Opportunities to network with like-minded participants.
- Longer – Lots of great information!

- Want more.
- The workshop was very good.
- More hands on material or more interactive with the people attending.
- The workshop has been very helpful.
- Longer and slower.
- Would have preferred a half day e.g. morning or afternoon.
- Have extra handouts for those who didn't bring them.
- I wish it was longer. I could listen for hours.
- Longer.
- End of workshop felt rushed, ran out of time.
- Maybe keep to time. Lots to share, maybe more time should be allotted.
- N/A.
- It was excellent.
- It was lovely. Feeling encouraged to move when I needed was great. Info was amazing.
- Could have been longer! 2 days?
- Would love to have it longer; some more hands on examples of dys-regulation and re-regulation.
- Suggestions on how to teach the parent and child to do the right thing.

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

- I definitely will – it is extremely informative and eye-opening.
- Absolutely. Very relevant to the current climate.
- Yes! Super helpful info!!
- Yes, I think people need to be more informed on this topic.
- Yes, definitely!
- Yes. I believe the more we info others, the better they may understand they (parents) have to monitor video, media, TV etc.
- Yes.
- Yes. Very informative.
- Yes!
- Yes.
- Absolutely!
- Absolutely.
- Yes. Excellent information.
- Yes.
- ABSOLUTELY YES! So much to hear about, I'd come again.
- Yes – everyone I know.
- Of course I will recommend this workshop to my friends.
- Yes.
- Yes, because they would learn a lot.
- Yes.
- Yes.
- Yes.
- Yes.
- Yes!
- Yes, for sure.

- Yes.
- Yes.
- Yes.
- Oh my gosh, yes!
- Yes!
- Yes. Everyone needs these facts and stats! Easy problem to create, easier to prevent.
- Yes.
- Yes!
- Most definitely!
- Yes.
- Yes.
- Yes – absolutely!
- Yes!
- Absolutely.
- Yes.
- Yes.
- Yes! Finding the balance is key. Thanks for the brain food! Excellent workshop. Thank You!
- Definitely. It is extremely important information for everyone.
- I would most definitely recommend this workshop to others!
- Definitely!
- Definitely. I believe that teachers, parents, everyone should have access to this information.
- Yes.
- Yes.
- Yes.
- Yes.

Any other comments?

- Thank you for the great info.
- Thanks for the info. I'm expecting my first child this December and will definitely apply your suggestions for setting my child up for success.
- Awesome job, really informative!
- The presentation was very well done.
- Excellent, wish more people could have been here.
- Thank you for all the resources!!
- Have her back for another workshop. Excellent.
- Superb content. Thank you for encouraging the human connection with tech as a tool. It helps validate what I do as a teacher and motivates me to be more knowledgeable about what kids are doing.
- Can't wait to pass this info forward – Thank You!
- THANK YOU VERY MUCH. Look forward to going to your website. Thanks for doing the work and SHARING! Please consider webinars or newsletter as a way to continue sharing as the research comes in; initiatives that have succeeded. *(Presenter note: all of the six Foundation Series Workshops are available in webinar version on www.zonein.ca in either download or DVD versions. I've been distributing a free monthly newsletter*

called the Child Development Newsletter containing feature article, news, research, weblinks, books etc. for four years. Database is now over 20,000).

- Great job!
- It was a great learning course.
- It was great!
- Excellent! Lots of new information!
- Thanks!
- Great.
- Less stats and more practical advice. Thanks so much for collecting all this research! It needs to be done! I would like more advice for sharing the info. *(Presenter note: participants were provided with link to “Suffer the Children” and “Reality Check” slide shows, as well as a variety of handouts e.g. Parent Unplug’in Brochure, Ten Steps to Unplug Your Kids from Technology, Technology Screen, Technology Schedule, Technology Guidelines for Schools, all available on website www.zonein.ca.)*
- Thank you for all the effort you put into this workshop. Very organized.
- Thank you for organizing the presentation.
- Would like a follow up on what to do with kids who are already addicted to technology.
- Great job!
- Thank you, thank you, thank you!
- Thank you for all the information.
- Try for more time on solution focus.
- Great presentation!
- I like the real life stories that you add to your presentation.
- Great speaker! Thanks for the “wake-up” call!
- Could you develop a parent educator training that we could deliver to our parents? I facilitate Circles of Security and feel many parents would benefit from the info. *(Presenter note: I am currently recording the “Disconnect to Reconnect” 2 hour parent workshop that facilitator could show at parent nite, followed by discussion).*
- Thank you for promoting balance, not a ban, and having everything cited in research. It was so nice to be sullied with researched facts and sources so I can learn more and share with others. Thank You!
- Thanks.
- Loved this workshop! Excellent presentation! Thanks!
- Trigger warnings before unpleasant content e.g. violence, firearms.

Analysis: generally well received, with following suggested changes to be implemented.

Action:

- Prevention and treatment protocols.
- More strategies on what to do if already addicted to technology.
- Offer longer time period to workshop coordinators with practical session on how to present this info to parents.
- Consider parent educator training.
- Warn participants prior to disturbing video content e.g. Gamewashed.