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[www.zonein.ca](http://www.zonein.ca)

Pediatric Occupational Therapist Cris Rowan presented  
**“Mixed Signals” workshop** on November 26, 2013  
for health and social service professionals in Vancouver, BC

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

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	88%	12%			
The workshop was well organized	93%	7%			
The workshop was just the right length	64%	14%	14%	8%	
The instructor was well informed	82%	6%	6%		
The workshop materials were useful	79%	21%			

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

- Great tools to bring back to my program.
- All the websites, info and printouts!
- Care about what, where, how much we are exposed to technology as an adult and how the children are coping, so we have to be careful.
- Promotion of creativity and green space; education of adults to help children.
- That attachment to technology occurs often when children are not attached to parents.
- I appreciate that attention was given to the topic of adhd and use of medication. I liked the ‘reframing’ of the ‘disorder’.
- Impact of technology on emotional development → impedes ability to recognize emotions. Tech reduces time parents spend talking to their child.
- Gained more knowledge of impact of technology on young children and brain development and importance of play. Balanced life is the key in all aspects ie tech, physical, emotional, social.
- Virtual Futures graphic card and Zone-O-Meter book mark.
- Misdiagnosis of mental health or behaviours vs normal children’s behaviours. Impact of pharmaceutical industry.
- How to notice how technology effects our children and our lives if we overuse it. So we could be more aware of the effects.
- Information and statistics were very good.

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

- No

- How does technology impact emotional well-being e.g. depression/anxiety etc. Was touched on but would like more information.
- Practical ways to deliver this information to families and support parents (except those already given in your handouts).
- N/A

#### How could this workshop have been better or more helpful?

- Maybe a bit longer!
- Keep room at an adequate temperature...the hallway was warmer!!
- Can't say – I think that it suited my needs and exceeded my expectations.
- I would have liked to see more interactional activities.
- More focus on strengths → what we can do about it. More time on the last part of presentation which was rushed.
- How to bring that significant social change?
- Less info – fewer videos
- Maybe mention about cultural adjustment from diverse populations.
- The workshop should be open for more attendance (our staff and parents).
- Could be longer.

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

- Yes
- Yes!
- Yes. Nothing is going to happen (or not too much) if just a few people are preventing the children from too much use of technology. It is important that more and more parents, teachers, facilitators are informed.
- Yes! I hope to attend this again with my families and colleagues.
- Yes
- Yes
- Yes
- Yes, for sure!
- Yes, for sure – and also your website!
- Yes, I would recommend this workshop to our college.
- Yes

#### Any other comments?

- This was fantastic. So much great information. Thank you so much for your tremendous knowledge and kindness! Loved all the videos, and will show to my parents.
- Great presenter! Lots of good info and handouts good. Talk was research based which is important.
- A huge Thank You to organizers for an eye-opening workshop and great food!
- Wonderful to meet you Cris!! Thanks Jennie!! You're both awesome!!
- Thanks for awesome subject!

**Analysis:** need more of the “to do’s”. Lots of comments for workshop organizer.

**Action:** will remove some of the impact content and save time for more of the strategies. Will forward collated eval to workshop coordinator.