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Pediatric Occupational Therapist Cris Rowan presented
“Disconnect to Reconnect” workshop on June 11, 2014
For health staff with First Nations Health Authority; Maternal and Child Health in
Vancouver. BC.

What did the participants have to say?

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were met	62%	31%	7%		
The workshop was well organized	70%	23%	7%		
The workshop was just the right length	38.5%	38.5%	23%		
The instructor was well informed	77%	23%			
The workshop materials were useful	77%	23%			
The workshop objectives were achieved	62%	31%	7%		

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

- Liked the easy terms to remember – move, touch, connect, nature
- The impact of technology use on brain development and behavior
- Great info. Great to have recent stats.
- Stats, resources to look at.
- Knowing the effect of technology and the importance of physical activity.
- Crash and Bump. Tech.
- Amazing. Definitely makes me want to look up all the references to read on & get more info.
- Really makes me think about tech use in our homes as well as conversation to have with families.
- Everything
- All important and relevant.
- Technology is taking over our lives. Probably bought due to the need for a baby sitter.
- The technology used by children. How parents need to spend more time parenting.
- Statistics about children using technology and their lasting effects on them.

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

- More examples of how to promote less tech in households of single parents and households of two working parents – little time at home, potentially competing conditions (food security, poverty concerns).
- It was jam packed with info, more time and discussions would help.

- N/a
- No
- No
- Peer pressure for the need of tech. How tech industry can participate in developing “unplug” programs responsibly.

How could this workshop have been better or more helpful?

- How to support parents from using so much tech themselves.
- It was great. More interaction next time would be even better.
- Full day strictly about this information.
- N/a
- Bring speaker back.

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

- Yes
- Yes, it is helpful to identify the current issues and options for addressing.
- Yes
- Definitely
- Yes, very relevant for early childhood development problems.
- Yes, very informative.
- Absolutely. I would love for you to come to our community. I’m very excited to bring back info to my community.
- Yes – definitely.
- Yes
- Excellent topic
- Definitely
- Yes, to bring education to parents about their use and for kids.
- Yes. Very informative! Useful.

Any other comments?

- Thank you.
- Would love to have this shared every UBC learning circle.
- Great info.
- Would like to see Cris at Seabird Island Band.
- I feel re-energized & excited to go home with this information.
- Thank you very much.
- Excellent.
- Why do poverty stricken people buy technology?
- We have growing Great Kids Program and teach families about “The brain & developmental stages”. So learning about them was useful and helpful.
- Very well done!

Analysis: Want more info on strategies for tech reduction for children and parents; more time.

Action: Continue to develop and offer more tools and techniques for incorporating tech reduction into busy and often stressed family structures.