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Pediatric Occupational Therapist Cris Rowan presented
“Healthy Interactions” workshop on Oct. 3, 2009
for teachers and OT’s in Comox, BC
What did the participants have to say?

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	56%	44%			
The workshop was well organized	61%	37%	2%		
The workshop was just the right length	50%	48%	2%		
The instructor was well informed	80%	18%	2%		
The workshop materials were useful	60%	32%	8%		
The workshop objectives were achieved	64%	30%	6%		

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

- To do better h/o's, reduced redundancy parent HQ! Sample Rx to all w/s participants.
- Movement is the key, down time (turn off) the TV!
- To solidify my views on media and technology and children. How important play is for children (touch, movement, tumbling).
- The idea that ADHD/Autism symptoms may actually be coming from Attachment Disorders or lack of balance in their life.
- Children’s behaviors and attachments to parents can be improved on by balancing technology with play. Balance is key and helping parents integrate play into everyday routine. That media, video games have an effect on children diagnosed with ADHD.
- Every experience is ok in moderation! Back to Basics, nature, household items are the best tools!
- That 30% of the children were not ready for school. Limit time children have for TV, etc.
- Play fighting - the benefits of rough and tumble activity.
- I learned how to increase my attachment to children and how important that is for their development. A lot of information that I can use in my future job.
- Neurotoxic psychotropic meds. No frontal lobe activation while playing VG’s.
- Learning more about Attachment Disorders and how I can help the child.
- It is time for change.
- It reinforced my belief in more movement for infants and groups of kids.
- Great info to pass on to parents.
- Everything! Very interesting material and useful to me as a parent and educator.

- That we keep our kids too safe, play, play R+T, parents too busy, can be reversed. Believe in all those but there is a lot of resistance out there.
- The impact of not moving during very early (infant/toddler) childhood has on neural development.
- Wonderful info!
- That most children “diagnosed” actually have nothing mentally wrong with them. I have always believed this but didn’t realize that I was accurate.
- Gradual unplugging (my tendency is to race home and change it all at once).
- I really appreciated that the goal is “balance.” I was concerned that this workshop would be all about completely “unplugging” and I just don’t think that’s realistic. I also appreciate the references to parents/caregivers “hovering” and “bubble wrapping” kids. These are things that I have considered issues for a long time. And, I have felt quite alone in this. I have felt like maybe I am wrong to let kids be kids and even sometimes get hurt. Thank you for confirming that is not only okay but, even necessary for the child’s growth!
- How to think about ASD and related conditions w/Attachment. I will look into it more.
- How important outdoor and indoor activities are.
- Informative in all areas. Suggestions for alternatives.
- How movement is important. Tips/activities to help the children we care for.
- That technology has such an effect on children and the importance of balance in all areas of learning and experiences.
- This was much needed information. Lots of very valuable ideas to use with children and parents.
- How technology has such a great impact on children’s mental and physical development.
- All of it was valuable.

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

- I would like more info on technology/violence on children.

How could the workshop have been better or more helpful?

- Needs to be all day.
- I would love to have heard more re: sensory expectations for preschool—but, in separate detailed workshops, i.e., specific delays and specific actions for helping.
- Workshop could have been longer, just because it was so interesting.

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

- I wish everyone with children could hear this workshop.
- I could listen to you for a week!

Any other comments?

- Instructor rambles.
- Excellent organization and confirming.
- Very interesting and informative!
- As a student, these workshops are very important. Good job!
- Wow, so much. It is so much more than I had thought.
- Thank you.
- Looking forward to going on your website. Thanks.
- Was well presented and organized.
- Excellent PowerPoint very professional but could you change the header on “Think About An Child’s Work 25 Years Ago”—get rid of the “n” in “An” and you’ll be perfect!! Thanks for a great morning. ☺

- Thanks! Loved the workshop!
- Thankful to hear of your involvement with Microsoft and disturbed to hear how far behind Canada is in policy versus the US. Keep up the cause.