

Pediatric Occupational Therapist Cris Rowan presented
“Healthy Interactions” workshop on March 6, 2010
for Child Care Resource & Referral Programs in Courtney, BC
What did the participants have to say?

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	62%	38%			
The workshop was well organized	81%	19%			
The workshop was just the right length	53%	33%	9%	5%	
The instructor was well informed	91%	9%			
The workshop materials were useful	81%	19%			
The workshop objectives were achieved	86%	14%			

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

- The information regarding the damaging effects of technology on young children. I did not realize before that the majority of children watch so much TV and use technology so often.
- How important touch is to a healthy child/adult. Also, how important it is to limit technology.
- The simple act of movement each day can make that much difference in a child’s behavior and daily activities.
- Let go of insecurities of “safety” – move, hugs, playtime, etc.
- I had no idea how “bad” children were getting in regards to TV, games, computers, cell phones, because I’m so behind the times. I have none of those.
- My concerns, observations and beliefs have been reinforced today. I will take info to my supervisor and beg for a decent playground, especially fairly level “green space” for safety on the grass RTP.
- 1) practical solutions to ‘problem’ situations (huggie chairs, ropes, bounce balls); 2) tools for unplugging info for parents.
- Attachment disorders and importance of unplugging from technology.
- Attachment info.
- You explained my childhood to me – Thanks ☺
- Taking ideas, concepts and knowledge to take back with me.
- I agree that children need more touch time spent in outdoor and indoor activities.
- You have reassured me that what I’m doing in my Family Day Care is “RIGHT”. I do need to extend different movements.

- I have a daughter who has a 4 + 2 year old and I have been extremely concerned at how much time her children spend in front of the TV. I have talked to her about it but they lead such a busy life that it is much easier to “turn on the TV.” Her oldest has had behavior issues because of it. I will ask her permission to see the info I have received today. Thank you. I also work at a school-base infant/toddler center and would like to spend time with them discussing materials presented today.
- Confirming what seems natural and giving permission to carry on with appropriate touch.
- That the whole family is involved.
- A reminder of the importance of movement to help children to reconnect. Educating parents on TV misuse.
- To add more movement and tactile activities to our program.
- We need to do more tactile things with the children we work with. Also, educate the parents.
- Learned more about attachment**.

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

- Ideas on movement—not only on playgrounds.
- No.
- Not that I am aware of.
- No, would love to see part 3.
- Micronutrients and mental health.
- Not that I can think of.
- No.
- How activities to promote this without the use of equipment.
- No.

How could this workshop have been better or more helpful?

- More time for group interaction.
- A better balance between theory and techniques (I would like a bit more hands-on ideas.)
- Props such as “huggie chair.”
- I so enjoyed everything. It covered more than I was expecting.
- These activities really do help children in development—physical, brain—and help them to focus or have story time.
- Nothing.
- Longer.
- Do outside—beautiful day.
- Perfecto!
- It was all good.
- Much longer. Would love a weekend course with Cris.
- It was one of the best workshops I have ever attended. The information I learned will be very useful at the daycare centre.

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

- Yes, to many of the parents so they may understand – techno-
- Yes.
- Yes.
- Yes, great for refreshing info.
- Definitely.
- Yes.
- List these for parent handouts.
- Yes!!
- Yes.

- Yes
- Yes.
- Oh yes!
- Yes I would.
- Absolutely.
- Yes.
- Yes, for sure!!
- Yes, I will share this information with co-workers.

Any other comments?

- Thank you.
- I am going to become “UNPLUGGED” ☺
- Brain dance helps on these as well.
- Great workshop. Thank you.
- Great speaker.
- Thank you.
- Super day!
- No.
- I will be on the Zonein website as soon as I get home. I loved this course! Thank you.
- Was very interesting. Thanks.
- This would be a great presentation to bring to all centers/parent groups/schools. So many people are out of loop that an “eye opener” would be GREAT!
- Wanted way more time!!
- The workshop was too short. The instructor was VERY well informed.
- Could be longer.
- Best workshop I have attended for a while!! I would like an “all day” and have more discussion on certain issues. Subject is right up my alley!
- Websites.