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Pediatric Occupational Therapist Cris Rowan presented  
**“Healthy Interactions” workshop** on March 10, 2010  
**for Edmonton Parent Workshop**  
*What did the participants have to say?*

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	95%	5%			
The workshop was well organized	90%	10%			
The workshop was just the right length	30%	45%	25%		
The instructor was well informed	90%	10%			
The workshop materials were useful	75%	25%			
The workshop objectives were achieved	75%	20%	5%		

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

- Excellent!!!
- Too many hours children average on media, how the safety of children has become overrated.
- I want more physical activity for my family.
- Thinking of other things we can do.
- The vestibular and proprioceptive strategies were great.
- Just the many things you can do to bring a child’s energy up or calm them down.
- The different ways to integrate the proprioceptive sense for angry children. “Flat head” up by 600%.
- All the info was valuable. It overlapped some things we learned in class, but all was valuable.
- No TV until 2 years of age.
- The effects of television on children and their learning skills.
- Technology is getting out of control, children need to go outside and play!!
- That I am right for not allowing video games in my home, severely limiting TV time.
- Enhanced my knowledge about the rule that medication is not everything. And the importance of the role of nature on our body.
- Maybe my child was/is watching too much TV and I will be turning the TV off more often.
- Technology’s impact on early child development. Need more of you to inform everyone.
- Everything! I am going to carry this information and pass it on. I am also going to tell my college teachers about this workshop, so maybe we can get this workshop in our class. I believe it was very beneficial.

- That we are on the right track! The specific resources and information about child development will be helpful.
- I never realized how much technology affects children. This was a real eye opener! Thank you!
- Websites and videos to reference. Did not realize 8 hours/day were spent on technology.

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

- Technique to “ween” child off technology.
- I thought there was a lot of information for the time.
- No, very good.
- No, very thorough.
- Could not say much because I came late and have to leave early.
- It was fine.
- It was wonderful.
- No, it was sufficient.
- I wish we would have had more time to finish the information.
- Ran out of time. Would have like more questions.
- No.
- No.
- No.

How could this workshop have been better or more helpful?

- More hands-on (bring in peanut ball, weighted vests, etc. to try).
- The handouts are very helpful. I liked the power point print out so I had references to my notes.
- A bit more time for questions. Group discussion would be great.
- Longer – to learn more.
- If my husband was here as well because he is not going to listen to me.
- By presenting the video in school environment, parent link and community awareness.
- Show more techniques to help the children.
- No, it was great as it is.
- More time.
- I loved it. It was great.
- The handouts are great.
- Longer.
- Little bit long – maybe have 2 sessions.

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

- Yes! Especially mothers with newborn!
- Yes definitely, so many people are unaware.
- Absolutely. I was sitting here thinking about all the people I wish were here with me.
- Yes, everyone.
- Yes, I already have 3 people in mind.
- Yes, because it will help reduce their fear about the society.
- Yes.
- Yes.
- Yes.
- Yes.
- Yes.
- Yes, my teachers would love to see this. Way better than most speakers we’ve seen.
- Yes! It’s good to know in a centre.
- Definitely yes.

- Yes.
- Yes.
- Yes, very interesting. Great information.
- Definitely.

Any other comments?

- Great presentation! Very informative ☺ thank you!
- Thank you so much!
- The frequent whispering, chatter of some CALS staff was distracting after awhile.
- Not long enough! Could have learned more. Very interesting. You are a great speaker.
- Enjoyed it very much (Chairs were kind of uncomfortable.)
- CALS staff were very distracting (talking, laughing) through much of the presentation.
- Thanks for such a great workshop.
- Thank you so much for your time. I was glad to have come!!!
- Thanks so much! You know your stuff and you're great to listen to.