



6840 Seaview Road, Sechelt, BC V0N 3A4

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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.