

## Healthy Interactions: Critical Factors for Early Child Development

**Cris Rowan, BScOT, BScBi, SIPT, Speaker**  
**Author and Designer of Zone'in Programs Inc.**

*The job of the infant and toddler is to move, touch and connect with other humans. Restrained by bucket seats, infants aged 0-2 years old watch an average 2.2 hours per day of TV, and 25% have TV's in their bedrooms. Toddlers age 3-5 years use 4.5 hours per day of combined technology. This technology overuse is resulting in delays in achieving developmental milestones needed for school entry. Low postural tone and poor coordination from increased use of plastic bucket seats and strollers is concerning therapists throughout North America. Eventual school categorization of these children as learning disabled or developmentally delayed, often with accompanying behavior disorders, is imminent, resulting in difficulty achieving even the basics of literacy. Recognizing the need for critical developmental elements of movement, touch and human connection is crucial in this day and age of technology obsession.*

*Healthy Interactions raises awareness regarding the critical factors for healthy early child development of movement, touch and connection, and offers parents, teachers and therapists practical strategies to enhance infant, toddler and early child development.*

March 30, 2010

Oklahoma City

9:00 – 12:00

(HI110)

Maximum number of participants: 100

Audience: CG, EI, PS

<i>Attendance</i>		<i>Met my primary objective</i>	<i>Demonstrations well structured for learning</i>	<i>Received info. that I can use with families</i>	<i>Rate familiarity prior to course</i>	<i>Rate familiarity at completion of course</i>	<i>Rate the overall quality of the information</i>	<i>Would you recommend this course to others</i>
DDSD		4.5	4.5	4.6	2.9	4.3	4.7	Yes
Health Dept –Guidance.....	3							
Health Dept Staff.....								
Local School Personnel .....	17							
Local School – Preschool .....								
Contract to Schools								
SoonerStart REIC / RC .....	14							
SoonerStart Service Provider .	21							
SoonerStart Contract .....	3							
Parent .....								
Other .....	2							
Head start .....								
<b>TOTAL .....</b>	<b>60</b>							

- Wonderful explanations, visual illustrations. Great presenter!
- I felt that information might be good in theory but not good in reality. How does a parent give their child 3-6 hours of rough and tumble play?
- It is eye opening and frightening but thank you for bringing this out into the open.
- Great workshop! Loved the information and will use.

- Learning actual statistics re effects of technology on children's development. Enjoyed ideas of hugging chair. Facts were great but would like more parent involvement in therapy would be helpful.
- Emphasis on getting toddlers active rather than contained in seats, strollers, etc.
- Eye opener! Wonderful.
- Helping me reconnect with importance of limited audio use and importance of play.
- Integrating more vestibular and proprioceptive activities in school/therapy.
- The research presented with the videos.
- Information on vestibular/proprioception/tactile information.
- Ideas for interactions with children.
- Presenter was very knowledgeable. Topic is timely and important.
- Intervention suggestions and studies presented.
- It was overall a good eye opener about how our children are overexposed.
- The presenter's knowledge of the subject matter presented.
- The emphasis on movement.
- I felt this workshop was very educational and interesting. I agree with what is being taught.
- Written information gathered with research.
- RCH based documentation of detrimental effects of technology.
- Disagreed with presenter to leash children due to the families in our program being inappropriate with their parenting skills. *(Comment directed to suggestion by presenter to use harnesses for toddlers to promote necessary movement, as opposed to strapping them into bucket seats and strollers for safety purposes.)*
- Reference was continually to an OT. Would like more suggestions for PTs.
- Playground planning, etc. Laws.
- Need to lighten many handouts and some frames far too small to read.
- Speak about more effective ways to give parents ideas to increase play effectively. I would never encourage a family to partake in pillow fight or wrestling match. Other ideas presented however were appropriate. Would like more information to empower parents to play a more active role.
- Break the presentation up more.
- Occasional joke or funny slide.
- This training site is in a very inconvenient location when traveling from Tulsa.
- More videos. Could have stopped presentation after last video. Went too long.
- How to introduce subject so people will not be offended, because they use TV all the time even if just for the noise. I don't need to be convinced, but others do.
- Should be required CORE training.