

Pediatric Occupational Therapist Cris Rowan presented  
**“A Cracked Foundation” workshop** on Apr 4, 2014  
 to professionals in Cedar Rapids, Iowa  
*What did the participants have to say?*

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	81%	19%			
The workshop was well organized	83%	16%	1%		
The workshop was just the right length	77%	17%	2%	4%	
The instructor was well informed	91%	7%	2%		
The workshop materials were useful	86%	14%			
The workshop objectives were achieved	83%	17%			

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

- I like the Building Foundations and Virtual Futures pyramids.
- Loved it!
- The effect of technology on attachment.
- Treat the family, not just the child.
- As a parent, I already limit tech, but now will even more! As a therapist I can share this info with parents.
- Excellent research references.
- The fact that the neurobiology of attachment was so similar to what happens when playing video games. Yikes! But good motivation for less gaming time.
- Critical factors for child development hand out and possible problem section fact sheet on website. Cautioning therapists that they receive power in their roles but also need to give power to parents!
- Info on electromagnetic radiation.
- Attachment in general and how to watch for which type parents are and how to help.
- How many issues and disorders may be related to tech misuse/overuse. of some small things I can begin to do and suggest to help.
- The effect of technology on attachment and how much technology is interfering with normal play.

- Tantrums are a cry for help. Reiteration of the necessity of working with parent and child and not just child. I didn't know anything about attachment disorder before this.
- Strong research on not only on use and social, academic effect but neurology! As a tx, I feel more confident and research based when discussing tech with parents.
- Attachment! Engagement!
- Information regarding technology, use of deep pressure techniques for anxiety and anger.
- How important attachment is - it's the building block for learning and proper functioning!
- About attachment and how it affects ourselves and our kids.
- How to help families reduce tech use.
- I had never really thought about how tech use can perpetuate the cause of attachment issues.
- Up-to-date statistics were very helpful.
- The importance of keeping small children away from the threat of radiation.
- Video examples.
- Recess and the importance of outside playtime. Loved the video clips, but thought ironic :)
- How attached impacts behaviours.
- As a parent - cut TV time down to one hour. As an OT - be stronger about telling parents to cut tech time.
- The different types of attachment and how it impacts the children and families for their development and relationships.
- The attachment info moved me as a parent and OT!
- The 4 different types of attachment and its importance to development early on.
- Ways to build healthy attachments and incorporate/teach caregivers; techniques to use with kids.
- How we are in essence neglecting our children by immersing ourselves in tech.
- What the recommended device allotment should be.
- Learning about various attachment styles and how to bring up the relationship between parent and child without being accusatory or blaming or judgemental.
- Strategies that I directly try/apply to my child. Working to find a better balance.
- How to work with families regarding attachment and over-tech issues.
- The brain changes that occur with too much tech use and the recommended/appropriate amounts for different ranges.
- RF/EMF warning, guideline for use. Renewed my faith to adversity to so much tech for me and my family.
- All the research to justify claims and give legitimacy to hunches I've had as a therapist, but not confident about.

- The significant negative impacts of tech.
- Good research and it's about the amount and effects of tech overuse.
- Warnings and labels surrounding RF/EMF.
- Guidelines for screen time and the repercussions of too much of it.
- Proprioceptive issues are so interesting and the tree/pulling exercises were very helpful.
- Not just research review but also implication and action that we can take.
- Information to pass on to parents and teens.
- Need to unplug more.
- Connections between TV in bedrooms and TV in general and obesity.
- We all need to unplug and get more in the moment.
- To balance my own tech use and enjoyed the use of video clips!
- Early brain development.
- "Change the beginning and you change the whole story." LOVE THIS!
- Brain changes in response to tech use actually exist.
- The significance of destruction that too much tech has not only on the individual but the whole family unit.
- Acknowledgement and info about what I've been seeing with my parents and also working with a "new generation."
- Attachment info and tech.
- ADHD meds and academic performance. Social development and self-esteem. Video game violence.
- The importance of tech - very powerful. Loved the monkey video clip.
- All of it.
- All the research that's out there that is not widely available and is not shared with the general public and most parents.
- EMF
- Strong research backing the impact of tech.
- Hard to pick, all was awesome. The clips were great, especially the TED talk.
- Tech guidelines; stats and studies, handouts.
- Exposure to tech in infants and children under 12 can lower the rate at which they learn.
- Technology use guidelines, risks and statistics of use.
- The prevalence of tech addiction - wow. Also great to know the new tech guidelines.
- Brain effects.
- I liked the videos presented throughout - it kept me engaged and reinforced the point you were trying to make. Good handouts!
- Videos, research, slides. Loved info on RF/EMF; impact on families.
- Media and children with Dr. Dimitri Christakis video.
- The research will be great! I'm already passionate about this subject and just excite to observe all this info make a difference!
- How badly tech is affecting kids and adults. Learned importance of screening and teaching this to kids and parents.

- The importance of active, rough and tumble play and ways to incorporate prop into sessions with children requiring more of this to focus and learn.
- How bad over-use of tech is and how we can change that.
- Like the research basis, this is a one of a kind workshop. Very informative, thank you!
- Parents must be educated on the dangers of unregulated tech use regarding child's brain development.
- Awareness of concerns with recommendations.
- Research to quote and share with families.
- Awareness of potential dangers of something that is seemingly innocent.
- How to help families reduce tech usage.
- Recommended tech time, need for prop activities. Connection link/dislink with parents.
- The impacts of tech - looking at a variety of environments, ages and technologies.
- Enjoyed the exercises.
- All of it was helpful.
- The problem with safe/seclusion rooms in schools.

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

- More of what to do and where to start.
- Recognition of device overuse by criteria - for adults other than subjectivity to figure out overuse.
- No
- Resources for alternatives to tech. I think to effectively communicate importance of unplugging, parents need immediate alternatives that are affordable.
- No
- No - Thank you!
- Better explanation of triangles that were distributed.
- How to start with parents should have been made clearer. The mainstream is not going to go cold turkey. Step by step case examples of kids where they started. Easy device free suggestions, basket for devices when people come in.
- Pornography addiction Tx.
- What dialogue or communication strategies should replace parent-child texting to prevent depression.
- No
- We need more info about how to make successful transition from a parent/family member of a child addicted to tech, to a child not addicted. What specific activities/tasks/things to say to a child during the transition process.
- Objectives met. I would like to know more in general - what can I share/do with parents.
- What to do when the parent is addicted. Generational information.
- Lunch times allowed (so short), effects on behavioural/social studies.

- I would have enjoyed having you describe and explain your products in more detail.
- I would have liked to know how we can balance our lives around our new tech world. how do we work around it?
- Appreciate your reference to your website to access the research and more info. I love your monthly newsletter - always send it to all your clinicians.
- Felt you were posing many questions, but heard audience members saying they were hoping you'd give more answers.
- No
- No
- Educators (admin) and legislators need an enlightenment as well - they see play as a bad 4-letter word!
- No - certainly could have covered more, but pace was good, but think she did great in what we discussed.
- A stronger connection to autism.
- No
- Maybe explaining what is meant by porn as that word can have multiple meanings and interpretations.

How could this workshop have been better or more helpful?

- I would have liked more information on specifics to do to help attachment, besides just unplugging.
- Overall length of attachment talk could have been shortened. Loved the videos.
- My only concern was the use of Youtube videos as examples of attachment disorders. I don't think we should jump to any conclusions after a thirty second snippet into these people's lives. While I'm sure that was not the implication, I would have felt more comfortable with video clips of actual cases or a disclaimer of sorts prior to the clips.
- Less use of words "right," "you know," and "like." If going to ask audience for questions or input, need to repeat the question for audience members to hear. Seemed repetitive with info to fill time.
- More take aways, less stats.
- Hand out resource packets.
- There is a strong link to symptoms of attachment and autism but autism is more organic. This might have been interesting to think about in terms of use of tech for autistic kids.
- Seemed to focus on tech in general - helpful info to provide to families. Also provide info concerning clinical tech use regarding assistive tech for kids with severe impairments.
- More about generational attachment.
- More of how to fix and help attachment.
- How can we present the research on the impacts of nature/connect/touch/move to schools and school divisions to prompt change? Where do you start?

- Pornography addiction tx.
- If my husband came too :)
- The video “reality check” is good for older children but I would enjoy something for my 4 year old who can’t read.
- More direct tips.
- Loved having the slides to take my own notes.
- Suggestions for quality, non violent TV.
- Ways to show this to parents so they will understand. Especially undereducated parents or those who are addicted to tech.
- When working with young parents who have not had role models for tech use and who have limited education. How do we get the point across to them about tech use so they can see the big picture? Many young parents who I see don’t see this as a problem.
- A lot of data which is awesome. But what about helping us learn how to advocate for children, could have spent more time on that.
- Shorter time. Less use of the words “right, you know, and like”
- More actions and take aways and less stats.
- Brief summary slide after each video.
- Hand out packets of resources.
- Loved the workshop. Maybe advertise to get more people.
- Some of the slides were hard to read (PM I think). Yellow/white print is good. Different colour/font was hard to read.
- Integration to autism and tie in concerns more specifically or relevantly to autism.
- Possibly handouts for families and top ten or twenty activities or games to promote interaction at home with family etc.
- Long

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

- 55 replied simply “Yes.”
- Yes, because the speaker was informative.
- Yes, to school administrators.
- Yes! Everyone should see this, and parents.
- Most definitely! Powerful. Wish all school educators and administrators could attend. Wish it was on a bigger platform to reach more members of the community.
- Yes! fantastic for parents, educators and therapists.
- Yes! Hope you come back.
- Yes- could relate in personal and professional life.
- Yes, absolutely, impactful information.
- Yes, I think much of the information is not known in the community.
- Yes, information pertinent to today.
- Yes, this is an important topic not usually talked about or covered and it will continue to be important as use of tech gains.
- Yes, great research done!
- Yes, important for families and all people regarding technology.

- Yes! This is a lot of information that people don't understand or want to know.
- Yes, informative. Gave me opportunity to network with others.
- Absolutely! Wow, so informative! This would be fabulous for superintendents of school divisions to be able to participate in.
- Yes! Great, very helpful as a parent and therapist.
- Yes, other professionals.
- Yes, it covers present day situations and is relevant.
- Yes, for parents and educators.
- Yes, I feel that many people only see one side of the story and I felt Cris did a good job outlining the pros and cons, all backed by research.
- Absolutely, very eye-opening. I think most people have no idea this is happening.
- No - seemed more appropriate for 1st year undergrad, health science or parent groups. Info seemed rudimentary and only sensational examples were used.
- Definitely, I learned a lot.
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#### Any other comments?

- Thank you!
- Great job!
- Can you come back :)
- Wonderful and so helpful as a parent. Appreciated the evidence based research and clips.
- Great speaker and important topic.
- I would have liked a little more on how to teach parent how to play with their kids. More research on the detrimental effects of high tech use.
- Great, Cris encouraged us to get up and walk around during the workshop.
- Very happy that Cris shared her facts sheet and sources that all her info came from.
- Very informative. As a parent it gives me more ideas and tools and strategies to empower my ability to help my child and to educate others.
- Great speaker! Really enjoyed it!
- I would have like to know more about how to get parents more involved. I work with high risk teens parents and they are children themselves sometimes and so it's hard to get them to understand why it's important to do basic things like hold the baby while feeding bottle.
- Great workshop with great information that people need to know - especially because these young therapists, teachers and parents are coming from the front end where all this tech is happening.
- Finish your sentences - left me hanging or difficult to follow your train of thought. You have an open and friendly disposition.
- Great presentation!
- Great job!

- Pace of the material on attachment was slow. I also don't know what the youtube videos show in terms of attachment, because they are private videos and you have no idea what the context is.
- Expensive products.
- I always knew the connection between parent and child was so important but I didn't know how likely it is the root of the problem.
- Interested to hear regarding the changes to the first 2 weeks of life for siblings and successive children. Is there any research that these kids have more attachment disorders?
- I like your multimedia approaches.
- Great information!
- Thank you so much for this great job!
- Thank you for your information!
- Great videos!
- You have provided such a vast amount of information that has already given me a new way to look at and consider the families I work with and their circumstances.
- A lot of us are therapists for low income families who use TVs as babysitters. Where do we start?
- Thank you!
- Amen sister I'm glad that you're working so hard to address these issues.
- All of my complaints regarding parents of my therapy kids had to do with attachment and tech, and that was not covered in my grad school. Thank you for the info.
- I like your multimedia approaches.
- Fantastic presentation!
- Thanks for all your work and your enthusiasm! Very good presentation!
- Great speaker!
- Videos were helpful.
- Wonderful course! Thank you!
- Wonderful! Thank you!
- I understand that video clips can help understand what is being explained, but for a topic about how tech affects our lives and learning... there were almost too many clips in the presentation.
- Expensive products.
- Very eye opening, and scary!
- Thank you, Cris.
- Think you all did a great job.

Analysis:

Action: