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Pediatric Occupational Therapist Cris Rowan presented  
**“Healthy Interactions” workshop** on Oct. 24, 2009  
**for teachers and OT’s in Nanaimo, BC**  
*What did the participants have to say?*

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	75%	25%			
The workshop was well organized	90%	10%			
The workshop was just the right length	60%	20%	10%	10%	
The instructor was well informed	90%	10%			
The workshop materials were useful	70%	15%	15%		
The workshop objectives were achieved	80%	20%			

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

- Core and balance.
- This info was amazing! I would love to spend all day listening to your info. But I do have to point out that this all comes down to common sense as a parent or caregiver.
- How important touch is and how negative the impact of technology has become.
- All the resources that were shared. New awareness of the enormity of this issue.
- The awareness of how huge this problem was. But also great suggestions for options on how to meet the needs of the children.
- How technology is affecting children in such a harmful way.
- That I am running my family Daycare better than I thought.
- I felt this course was very helpful as my daughter also has sensory issues, does not watch very much TV, does not have video games or use technology but, does not spend enough time doing enough outdoor activities. Tends to draw and do crafts more. So that will be my focus—to get her out a lot more.
- Absolutely awesome, the instructor proved what I’ve thought all along. Excellent resources, well spoken and enthusiastic instructor. I could listen to her for days!! Oh, and I’m deleting my Face Book applications!
- Clear observations with explanation and clarification of symptoms. Scenarios, etc. made sense. Suggested many actions to take to rectify some of the problems. Resources for follow-up are handy.
- Arguments and research to explain importance to parents.
- Reaffirmed many things, reminded me of the wonderful effects of touch.
- Just how much technology impacts our development in a negative way. I realized there was an issue but had no idea just how much of an issue it was.

- “Balance.”
- I learned more about my son.
- We need to educate the parents—become advocates for the children.
- To encourage parents to unplug their children. Awesome. Thank you for a wonderful workshop.
- The research that backed up what was brought forward!
- Really reinforced my stance; learned some great stats to back up thought.

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

- No
- No
- FAS effects on sensory integration and motor delay.
- Not sure.
- No
- Some things briefed and could be extended upon. See “Other comments.”

How could this workshop have been better or more helpful?

- I really enjoyed it.
- Longer, more time.
- I thought it was great! Would have loved to continue sitting-hearing what more information.
- More time for discussion/questions. 3 hours—cut to 2 hours—too rushed.
- More time for talk and conversation.
- Have more time for discussion.
- Was great overview. More time and detail would have been great.

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

- Yes, very informative.
- Definitely!
- Yes--strongly
- Yes, will be telling my parents and give them the resources.
- Yes, to parents and educators, doctors, pediatricians.
- Yes,
- Absolutely. I wish I could have all of my families hear it!
- **Yes!**
- Yes.
- Absolutely.
- Definitely—there is a need for this information to get out.
- Yes, and I will! Will also give info to the parents of my children.
- Absolutely, care providers and parents. Research is often overwhelming so I love how it's all been put together.

Any other comments?

- Great job!
- I have arthritis and would have really appreciated an opportunity to stand up or stretch.
- Thank you.
- I loved that you provided us with references and links to slideshows to show parents. –An **AMAZING** presentation.
- A lot of “overheads” too much info in short time—really, can't retain all this great info!
- Fabulous!
- Cris is passionate about her presentation and makes it real—very enjoyable.

- Wow! Thank you and please keep it up!!!
- Would have loved some information/handouts directly related to childcare. For example, a list/floor plan of essential outdoor gear for movement, environments to support and enhance movement, etc. e.g., “sensational” playgrounds, Catalogue list.
- Use of “child” rather than “kid” is something very important in the ECE field.