

Reconnect Webinars

Enhance health and productivity with balanced technology management

Screening for Screens

Routine technology screening assessments can improve child and youth mental and physical health.



Overview

Children use on average 7.5 hours and teens 9.0 hours per day of screen-based entertainment technologies, four times the amount recommended by pediatricians. TV, video games, internet, movies, cell phones and a variety of hand-held devices now occupy the majority of children and teen's waking hours – but to what detriment? While technology offers obvious *promise* for children and teens, *perils* associated with early use and overuse of screens are often ignored. Developmental delay, obesity, sleep deprivation, mental illness, aggression, defiance, social phobia, poor communication, attention deficit and learning difficulties are all associated with screen overuse yet are often misdiagnosed as physical and mental illness. Research clearly documents correlation between screen overuse with autism, adhd, depression, anxiety, aggression, sleep disorders and obesity yet clinicians rarely recommend screen reduction initiatives. The effect of chronic states of high adrenalin on a sedentary body, as well as the effect of prolonged use of wireless radiation, are only beginning to receive research attention, but could prove to have permanent life-threatening consequences to child and teen health and ability to learn. Schools are creating *Virtual Classrooms*, and homes are creating *Virtual Families*, further alienating children from essential human connection and attachment that is the basis for optimizing child development, behavior and learning. Children are our future, yet choices made today raise the question: are the ways in which we are raising and educating our children with technology no longer *sustainable*?

Goal

Screening for Screens raises clinician awareness regarding the damaging impact of technology on child and teen development, behavior and learning, and provides initiatives for homes, schools, and communities to **manage balance** between technology use and healthy activities, and work toward creating 'sustainable' children and teens.

Learning Outcomes

- Relate current technology research to physical, mental, social and cognitive performance.
- Apply knowledge regarding the 4 critical factors for achieving healthy child sensory, motor and attachment development.
- Review technology screening tools and techniques for screen management and reduction.
- Apply balanced technology management initiatives to achieve optimal child growth and success.

Handouts

Technology Tool Kit

(Includes 75 handouts for parents, teachers and clinicians which can be reproduced for clients as needed)

Evidence based – Research referenced - Strategy focused

Creator and Speaker

Webinar creator **Cris Rowan** is a well-known speaker and author to parents, teachers and clinicians throughout North America in the field of sensory integration, motor development, learning enhancement and the impact of technology on children's neurological development. Cris has Bachelor of Science degrees in both Occupational Therapy and in Biology and is a SIPT certified Pediatric Sensory Specialist. Cris is CEO of Sunshine Coast Occupational Therapy Inc. and Zone'in Programs Inc. offering workshops/webinars, training, and consultation services to enhance child development, behavior and learning. Cris is a prolific writer creating the [Child Development Series Newsletter](#), [Moving to Learn](#) blog, [Unplug – Don't Drug](#) peer reviewed publication, [10 Reasons to ban handheld devices in children under 12](#) viral Huffington Post article with 7.2 million "likes", as well as her first book [Virtual Child – The terrifying truth about what technology is doing to children](#). Cris is a member of the internationally renowned *Institute for Digital Media and Child Development* and the *Children's Screen Time Action Network - Screens in Schools Committee*.



Who should attend?

Principals, teachers, administrators, special education teachers, counsellors, school psychologists, social workers and clinicians (includes pediatric occupational and physical therapists and speech and language pathologists). *Reconnect Webinars* are designed to be *introductory* level for principals, teachers and administrators, *intermediate* for counsellors, school psychologists and social workers and *advanced* for clinicians.

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