

## **Reconnect Webinars**

*Enhance health and productivity with balanced technology management*

## **The Learning Paradox**

Prioritizing foundations for child growth and success over screen use.



### **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 schools continue to allow unrestricted access to screens. Mounting research documents physical and mental harm to children and teens from screen overuse, with limited research showing benefit, yet schools continue to escalate use devices. 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**

*The Learning Paradox* raises teacher awareness regarding the damaging impact of technology on child and teen development, behavior and learning, and provides schools with literacy standards and screen management guidance to optimize growth and success and create sustainable futures for all students. Teachers will be excited to implement *In/Outdoors Learning* concepts and train teen students to become peer model *Screenbusters* for the younger grades.

### **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 literacy standards and form subsequent technology management policies for schools.
- Apply *In/Outdoor Learning* concepts and begin training teens for the *Screenbusters Program*.

### **Handouts**

*Technology Tool Kit*

*(Includes 75 handouts for parents, teachers and clinicians which can be reproduced for students 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.

## How to buy this Technology Management Webinar recording?

- ✓ **Buy** this *Technology Management Webinar – Teachers* online at [www.reconnectwebinars.com](http://www.reconnectwebinars.com)
- ✓ **Check** out our other 3 *Technology Management Webinars* online at [www.reconnectwebinars.com](http://www.reconnectwebinars.com).
  - Students – *Tech Talks for Kids (it's FREE)!*
  - Parents – *Disconnect to Reconnect*
  - Clinicians – *Screening for Screens*
- ✓ **Check** out our 6 *Child Development Webinar* series online at [www.reconnectwebinars.com](http://www.reconnectwebinars.com):
  - Sensory Processing – *Harnessing Energy*
  - Motor Development – *Back to Basics*
  - Attachment and Addictions – *A Cracked Foundation*
  - Technology Balance – *Mixed Signals*
  - Attention and Learning – *Why Can't Children Sit Still?*
  - School Success – *Diminishing Returns*
- ✓ **Check** out our 3 *Workplace Ergonomic Webinars* online at [www.reconnectwebinars.com](http://www.reconnectwebinars.com).
  - Workplace Ergonomics - *Office*
  - Workplace Ergonomics - *Health Care*
  - Workplace Ergonomics - *General Labor*

## Need Help? Contact Us

1. **Fax** 1-877-896-6346.
2. **Phone** 1-888-896-6346.
3. **Email** [info@zonein.ca](mailto:info@zonein.ca)