

4 Critical Factors for Child Development

**Move
Touch
Connect
Nature**



Figure 1. Children playing. Retrieved from Dreamstime, 2021

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Goals

Profile the following 4 critical factors for child and youth development and relate deficit to screen overuse.

1. Movement: fitness/cardiovascular, core stability/strength, motor coordination.
2. Touch: deprivation, anxiety reduction.
3. Human connection: attachment formation.
4. Nature: calming, mental focus.

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TECHNOLOGY MANAGEMENT 4 Critical Factors for Child Development

**Part 1
Movement, touch**

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Balanced Technology Management

Critical factors for growth and success

- > movement
- > touch
- > human connection
- > nature



Technology Use

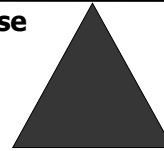
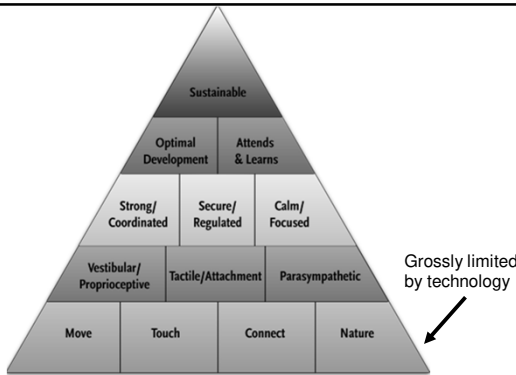


Figure 2. Balanced Technology Management graphic produced by author. 2021

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Grossly limited by technology

Figure 3. Building Foundations graphic produced by author. 2021

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Movement


***Give a child a device and they sit;
take it away and they move.***

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Movement Benefits

- Cardiovascular
 - Obesity/diabetes
 - Stroke/heart attack
- Builds strong core
- Motor coordination
 - Right/left
 - Upper/lower
 - Eye/hand for printing
 - Eye/eye for reading
- Spatial for math
- Attention/learning
- Mental health Ratey 2008



Video 1. Pumping Up the Brain – Connection between movement and learning. Shown with permission from CBS News – *The Early Edition* starring Debbye Turner Bell, 2021

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Canada Movement Guidelines

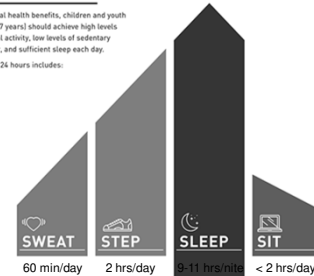
- < 13% of children meet the *Canadian Movement Guidelines*.
- Effects of sedentary lifestyle costs Canada \$70 billion per/year in healthcare costs.

Canadian Society for Exercise Physiology 2018, National Institute of Health 2018

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GUIDELINES

For optimal health benefits, children and youth (aged 5-17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day. A healthy 24 hours includes:



60 min/day 2 hrs/day 9-11 hrs/night < 2 hrs/day

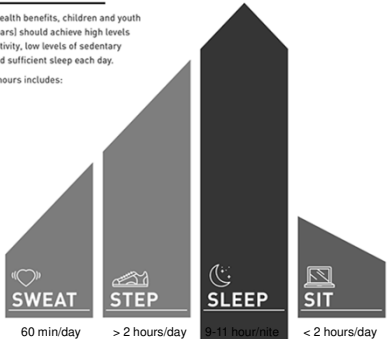
Figure 4. Canadian Movement Guidelines. Retrieved from Health Canada, 2021

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© Sunshine Coast Occupational Therapy Inc. 2021

GUIDELINES

For optimal health benefits, children and youth (aged 5-17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day. A healthy 24 hours includes:



60 min/day > 2 hours/day 9-11 hrs/night < 2 hours/day

SWEAT

MODERATE TO VIGOROUS PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

STEP

LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities.

SLEEP

SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5-13 years and 8 to 10 hours per night for those aged 14-17 years, with consistent bed and wake-up times;

SIT

SEDENTARY BEHAVIOUR


No more than 2 hours per day of recreational screen time.

Figure 5. Canadian Movement Guidelines. Retrieved from Health Canada, 2021

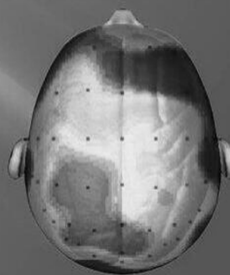
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Brains are Designed to Move

BRAIN AFTER SITTING QUIETLY



BRAIN AFTER 20 MINUTE WALK



© Sunshine Coast Occupational Therapy Inc. 2021 permission of Dr. Chuck Hillman, University of Illinois, 2021

Figure 6. Brain scan when sitting and moving. Retrieved with permission of Dr. Chuck Hillman, University of Illinois, 2021

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Brain Health Depends on Movement

- Weighs 3 lbs.; 2% of total body weight, yet...
- Consumes 25% of body's caloric intake,
- 20% of oxygen,
- 25% of blood flow.
- Contains 100 billion brain cells.
- Lose 85,000 brain cells per day when stressed.

Not good to Be sedentary!




Figure 7. Brain weight lifting. Retrieved from DLPNG free download, 2021

D. Amen TED TALK 2017

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Off Centre Movement- Vestibular System

Stimulates a set of 3 canals located on each side of the brain; controls posture, coordination and arousal, enhancing literacy, attention, learning.

Solan 2007, Scaff 2007, Braswell, 2006, Rine 2004

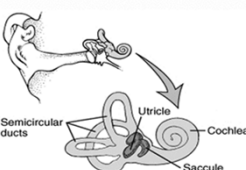




Figure 8. Vestibular System. Retrieved from Wikimedia Commons, 2021

Figure 9. Child on swing. Retrieved from Unsplash Public Domain Image, 2021

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Heavy Work Movement – Proprioceptive System



Figure 10. Child on rope ladder. Purchased from Dreamstime, 2021

- Located in the joints and muscles.
- Activate with heavy resistance or work e.g. push, pull, lift and carry.
- Refines movement patterns for literacy, sports.
- 'Prop' is often very calming and relaxing, great for anger/energy release.

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Ratey 2008

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Indoor Gyms



Figure 11 a & b. Retrieved from Dreamstime: a. Kids and balls, Nagy-Bagoly Iona, 2021 b. Kids hanging, Dzmitry Marhuh, 2021

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Let Them Build Things...



© Sunshine Coast Occupational Therapy Inc. 2021 Figure 12. Retrieved from Dreamstime, James Granger, 2021

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Movement Initiatives

Resource Handout



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Touch

Device use deprives children of touch.

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Touch Benefits

- Touch is a BIOLOGICAL NECESSITY.
- Without early touch, infants die (orphanages).
- Adequate touch produces secure, gentle, relaxed infants and toddlers.
- Inadequate touch results in fearful, anxious and agitated infants and toddlers. Hopper 1957, Montagu 1978



Figure 13. Crying child being comforted. Purchased from Dreamstime, 2021

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Touch

Counteracts sympathetic charge

- Skin is the largest and oldest organ in the body; 20 sq. ft. in adults, 12% total body weight.
- Touch lowers cortisol, adrenalin, regurgitation, promotes development.
- When the need for touch isn't satisfied, abnormal behavior will result.

Bigelow 2006, Montagu 1978



Figure 14. Dad on phone pushing stroller. Purchased from Dreamstime, 2021

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Karyn Purvis Institute of Child Development

child.tcu.edu

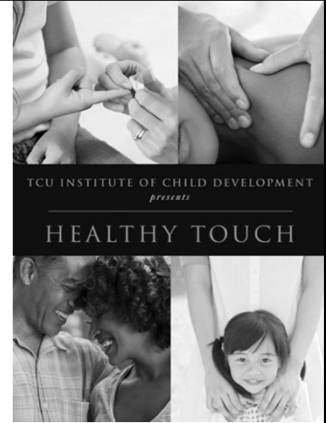


Figure 15. TCU Institute for Child Health DVD cover Healthy Touch. Purchased by author, 2011

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TCU Institute for Child Development



Video 2. Healthy Touch. Shown with permission from Karyn Purvis Texas Christian University Institute for Child Development, 2021

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Deep Pressure Touch

- Firm, sustained pressure to the backs of hands, forearms or shoulders.
- Procedure:
 1. Make an observation "I see you are..."
 2. Ask permission "Would you like a shoulder squeeze?"
 3. Position your body AWAY and TO THE SIDE of child's body.
 4. Check in "How are you doing?"
 5. Sustain for ~ one minute, or until child tells you that is enough.
 6. Look for an adaptive response e.g. calmer, less anxiety

Rowan 2010

© Sunshine Coast Occupational Therapy Inc. 2021

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At Home? Get a Pet

Cris Rowan's list of pets:

- 9 dogs
- 1 ferret
- 1 rabbit
- > 10 hamsters
- > 20 cats
- Loads of fish
- 2 birds (caique, love bird)
- 2 horses



Figure 16. Basil, authors favorite pet. 2013

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Couch Forts



© Sunshine Coast Occupational Therapy Inc. 2021

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At School? Get a Dog



Figure 18. Students with principal's dog. Reproduced with permission from Barry Krangle, Principal of Cedar Grove Elementary School, 2018

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Touch Initiatives

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Zone'in Technique View + 3 Deep Breaths



Figure 19. View from Nooka Island at sunrise. Author's private collection, 2022.

© Sunshine Coast Occupational Therapy Inc. 2021

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TECHNOLOGY MANAGEMENT 4 Critical Factors for Child Development

Quiz 1 Movement, touch

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TECHNOLOGY MANAGEMENT 4 Critical Factors for Child Development

Part 2 Human connection, nature

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Human Connection

The origin of child mental wellness

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"Social Media Guard"



Video 3. Social Media Guard shown c/ permission of Coca Cola Canada 2021.
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Attachment Benefits

- Attachment is a biological need without which we die.
- Failure of attachment is #1 causal factor for mental illness.
- Children aren't born mentally ill, we make them that way through abuse, neglect, trauma.
- Attachment is the foundation for all relational behavior.
- Parents role model healthy relationships (or not).



Montagu 1978, Insel 2001, Waddell 2007, Houtrow 2014, Crittenden 2015
© Sunshine Coast Occupational Therapy Inc. 2021

Figure 20. Baby with parents. Retrieved from Dreamstime Public Domain Image, 2021

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Co-Regulation 1st Self Regulation 2nd

- 0 – 2 weeks critical for primary attachment formation.
- Infant must achieve attachment with primary parent to ensure survival.
- Job of parent is to meet all needs of infant 1st two wks,
- only then, can infant relax, and begin to self regulate.




Figure 21. Baby with Mom. Retrieved from Dreamstime Public Domain Image, Adam Borkowski, 2021
Crittenden 2008
© Sunshine Coast Occupational Therapy Inc. 2021

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Attachment is an Adaptive Strategy

- Attachment is a self-protective 'strategy'.
- Attachment types are different 'strategies':
 - Type A – Avoidant
 - Type B - Secure
 - Type C - Ambivalent
 - Type D - Disorganized
- When child stressed... child defaults to the strategy. Crittenden 2015



Figure 22. Crying baby. Retrieved from Dreamstime Public Domain Image, 2021
© Sunshine Coast Occupational Therapy Inc. 2021

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Attachment Developmental Stages

- Two roles of the parent in attachment formation:
 - Safe Haven: 0 – 6 mo. and thru life span of child.
 - Secure Base: > 6 mo., launch child into world, support self-exploration. Bowlby 1975
- Trauma is a loss of connection, failure of functional attachment.

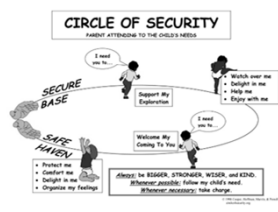


Figure 23. Circle of Security graphic. Retrieved from www.circleofsecurity, 2021

I need you to...
 Support My Exploration
 Welcome My Coming To You
 I need you to...
 Delight in me, Hold me, Engage with me
 Perfect me, Challenge me, Delight in me, Organize my feelings
 I am Bigger, Stronger, Wiser, and Kinder. However, possible, follow my child's lead. #However_necessary: take charge.

PARENT ATTENDANCE TO THE CHILD'S NEEDS

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Trauma is a Spectrum

- Trauma can originate from abuse or neglect – or – arise from a traumatic experience e.g. medical procedure, car accident.
- Trauma is not what happens to a child (external), but rather what happens inside the child (internal). Gabor Mate'
- Trauma is perhaps the most avoided, ignored, belittled, denied, misunderstood and untreated cause of human suffering. Peter Levine

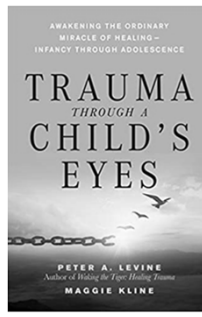


Figure 24. Trauma Through a Child's Eyes book cover. Retrieved from Public Domain, 2021
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Trauma Informed Lens

- Instead of asking "Why did you do that?" we should be asking "What happened to you?"

Bruce Perry, Oprah Winfrey 2021
- Parents are not to blame! Trauma is multi-generational.
- We pass onto our kids what we haven't resolved in ourselves.
- Trauma (PTSD) is an underlying causal factor for problematic child behaviours and/or what we term 'mental illness'.

WHAT HAPPENED TO YOU?
CONVERSATIONS ON TRAUMA, RESILIENCE, AND HEALING
BRUCE D. PERRY, MD, PhD
OPRAH WINFREY

Figure 25. What Happened to You? book cover. Retrieved from Public Domain, 2021

© Sunshine Coast Occupational Therapy Inc. 2021

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Generational Trauma

It's not our fault, it's our responsibility

Video 4. Trauma and the nervous system: a polyvagal perspective. Courtesy of Polyvagal Institute. Retrieved from You Tube 2022.

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Attachment Questionnaire

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Questions	Yes	No
1. Past Parental Relationships: "Although my parents may have worked or been quite busy, I know I was loved and cared for most of the time by one or both of my parents."		
2. Intimacy Comfort Level: "I feel comfortable showing intimacy with my children either through touch or words."		
3. Demonstrative - Touch: "I touch my children at least once per day in a show of affection (parents - hugs, teachers - hand touch to shoulder/arm)."		
4. Demonstrative - Verbal: "On a daily basis, I tell my children one positive attribute about themselves to build their self-esteem."		
5. Available: "I make myself available to interact with my children on a regular, scheduled daily basis" (e.g., meals or recess).		
6. Responsive: "When asked a question by my children, I generally stop what I'm doing, make eye contact, and answer the question as best I can."		
7. Interactive: "Rather than 'speak' to my children, I encourage questions and healthy interaction of thoughts and ideas."		
8. Attachment and Connection: "I know my children feel loved and cared for most of the time by me."		

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Adverse Childhood Experiences (ACE)

- Adults with difficult or adverse experiences in childhood had a greater risk of both physical and mental health problems during adulthood.
- The risk increases significantly for people with larger number of adverse experiences in their childhood.

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ACES Questionnaire

Abuse

Physical

Emotional

Sexual

Neglect

Physical

Emotional

Family Dysfunction

Mental Illness

Incarceration

Parent Violence

Substance Abuse

Divorce

Figure 27. ACE's Questionnaire. Adapted by author. Pics retrieved from Dreamstime, 2021

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ACES Research Study

What is the ACES?

- Developed by Centre for Disease Control and Kaiser Permanente in 1995.
- Identify connection between childhood abuse, neglect, trauma experiences and later physical and mental illness as adults.
- 17,000 participants.

ACES Results

- 40% exposed to 2 or more ACES.
- 12.5% (1 in 8) exposed to at least 4 ACES.
- 4 + ACES's have:
 - 11 X more IV drug use.
 - 4.5 X more depression.
 - 14 X more suicide attempts.
- People with 6 + ACE's die 20 years earlier.

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Cycle of Adverse Childhood Experiences

- Children raised by ACE adult 1000 X more likely to suffer own ACE.
- 2/3 of adults with one ACE:
 - 2 X physical health issues.
 - 3 X mental health issues.
 - 87% have multiple ACE's.
- Identifying children with ACE's helps adults understand problematic behaviors.



Figure 28. Lonely child. Purchased from Dreamstime, 2021

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Attachment to Screens

- In the absence of the primary parent, children are forming unhealthy attachments to screens...
- ...and detaching from humanity.
- When detached, children can't think rationally or feel their bodies.
- Detached children are very difficult to manage.



Video 5. Parent taking away iphone from baby. Retrieved from Public Domain 2020.

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Detached Foster Children

- Absence of primary attachment to biological parents...trauma present.
- Device offers control, choice predictability, entertainment, escape (from painful self).
- Foster children as a default, replace biological parent with device.
- Slippery slope to addiction.
- Foster children need human connection, not a device.



Figure 29. Girl alone watching sunset. Displayed by author with permission from child's Mom, 2021.

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To Do's at Home - Dance Night



Figure 30. Dad dancing with daughters. Purchased from Dreamstime 2021

© Sunshine Coast Occupational Therapy Inc. 2021

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Make Dinner Together



Figure 31. Girls cooking. Purchased from Dreamstime, Amsterdam, 2021

© Sunshine Coast Occupational Therapy Inc. 2021

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Create Outdoor Social Centres *Surround seating fire pit*



Figure 32. Fire pit with surround seating. Retrieved from Dreamstime, Micha Klotwijk, 2021

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To Do's at School

"Whatever is out there is in here" (the classroom) - Phyllis Dyson, teacher

- Use a trauma informed lens when addressing problematic behaviours.
- Review the 10 Red Flags of Trauma (next slide).
- Consider using 10 ACE's as guide to assess level of trauma.
- Create different strategies for trauma kids:
 - Don't put them on the spot.
 - Allow some control/choice.




Figure 33. Photo of anxious girl. Purchased from Dreamstime, 2022

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10 Red Flags of Trauma

1. Signs of physical/sexual abuse or neglect (hungry, poor hygiene).
2. Shock body (frozen energy, deer in the headlights).
3. Bolts, runs away.
4. Decreased cognitive processing: attention, focus, memory.
5. Impulsivity, constant movement.
6. Tense/rigid: carry tension from home to school.
7. Panic attacks.
8. Act out (anger) or act in (sad).
9. Aggression, conflict, chaos.
10. 'Light switch' on/off moods.





Figure 34. Photo of traumatized girl. Purchased from Dreamstime, 2022

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Reconnect Webinars

Connection Initiatives

The most important person in a child's life is their parent. Children look to their parents not only for guidance and support, but also as someone they can interact with in a fun and playful way. Play is actually the easiest and most enjoyable activity parents can do with their children, and results in a happy and confident child, as well as a pleased and content parent. Today's families often appear stressed and busy, and rely heavily on technologies such as TV, video games, tablets and cell phones which serve as entertainment for the child, and an 'escape' for the parent.

Technology is also used by many parents as a "soother" or used as a reward if their child behaves asper. As parents connect more and more to their own technologies, they are disconnecting from their children, and as a result, many children are forming unhealthy relationships and addictions to technology. Disconnecting from technology, and reconnecting to your children, is never going to be an easy task, especially for families who are addicted to technology.

Parents who use a lot of technology often express fear, or feel uncomfortable connecting with their children, and possibly even their partners. This fear of socializing is understandable when we realize how isolated from each other we have all become. Gaining social confidence and skill with your children is best done through play, as there really are no rules, and ways of play are empty endless. The following play tips will help parents as they explore different ways of interacting and connecting with their children.

- 1) Follow the child's lead. Ask them what activity they would like to do with you and let them take the lead and tell you what to do.
- 2) Listen closely and ask questions if you don't understand. Try to be the follower, and resist the need to take over control of the play situation.
- 3) Offer suggestions, but only if the child asks or indicates they are unsure.
- 4) Keep it simple, at least to start. Don't make play complicated.
- 5) Do physical activities first involving rough/tumble play such as play wrestling, pillow fights, building forts with couch cushions, foot ball, soccer. This allows your child an energy outlet which will enable them to calm themselves and focus on a more sedentary play activity.
- 6) Bring on the games! Board games, cards, reading, arts and crafts, building tree forts, cooking, dancing, and even chores such as cleaning rooms together can be a fun and bonding experience.
- 7) Family theme nights can be a fun way to connect with your children e.g. Monday is baking cookies night, Tuesday swimming, Wednesday go to the park.
- 8) Prohibit technology from the car, an hour before bed, and during dinner preparation/clean-up, or meals in restaurants. These are important times to bond with your children and hear about their day.
- 9) Create regular together times. No matter what you do, your children will love you for if your children are an investment in the future. Start your investment today by playing with your child every day!

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Connection Initiatives

Resource Handout

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Meet Phyllis Dyson

- Elementary school teacher in Sunshine Coast, BC, Canada.
- BA in music, grad diploma in special education: inclusive learning communities.
- Member of the BC Schizophrenia Society.
- Author of *Among Silent Echoes: A Memoir of Trauma and Resilience*.
- Featured in *BC Teachers Federation* (BCTF) magazine, *Understorey Magazine*, *The Coast Reporter* and by the *BC Schizophrenia Society*.




Figure 35. Photo of Phyllis Dyson. Used with author permission, 2022

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Interview with Phyllis



Phyllis Dyson

© Sunshine Coast Occupational Therapy Inc. 2021 Video 6. Interview with Phyllis Dyson by Cris Rowan, 2022

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Phyllis's Resources

- *Among Silent Echoes: A Memoir of Trauma and Resilience* book.
- Pathways to Care – Child and Youth Mental Health/Substance Use brochure created by school district. www.sd46.bc.ca
- Foundry BC – mental health care, substance use services, medical services... www.foundrybc.ca

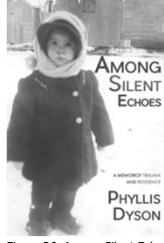




Figure 36. Among Silent Echoes book cover. Retrieved from Public Domain, 2022

Figure 37. Pathways to Care brochure. Retrieved from www.sd46.bc.ca, 2022

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Nature

When did nature become unsafe?

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Parental Fear

- Parents who fear 'outside' have children with higher tech usage.
- Yet...screens are not safe!
- High anxiety of parents projected onto child.
- Yet...risk reduces anxiety!
- Everything fun got taken to the dump.



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Figure 38. "Tully" painted by Grandma Linda Patrick. Courtesy of child's Grandma and Mom, 2021.

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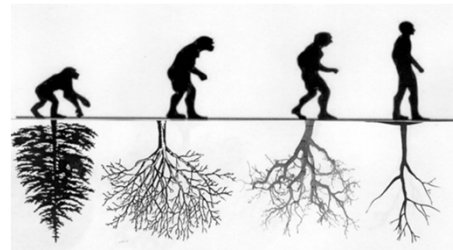
"Play Again"

Video 6. "Play Again" trailer shown c/ permission of producer Tonje Hessen Schei 2021. Distributor [Bulldog Films](#); [Facebook](#).

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Mother Nature



*What they do not value, they won't protect.
What they can't protect, they will lose.*

Charles Jordan; quote from "Play Again" film

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Figure 39. Evolution/Devolution. Produced by author, 2021

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Nature Benefits

Nature exposure increases physical activity and sunlight, reducing risk and progression of:

- Myopia: decreases 2% for every 1 hr. outside.
- Obesity: more movement.
- Sleep disorders: improved sleep sustenance.
- Depression/anxiety: improved mood.
- Problematic behavior: reduced.
- Cognitive impairment: improved attention.
- Cardiovascular: reduced stroke, heart attack.

Children's Health in the Digital Age - Drespe-Langley 2020; Ngurah Edi Putra, 2020, Hale 2018

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Nature

- Backpackers scored 50 percent better on a creativity test after spending 4 days in nature screen-free.
- Students showed improved cognitive memory and affect (anxiety) after 50 min. rural walk.
- 20 min per day access to 'green space' significantly reduces adhd and improves attention and behavior.

Strayer 2012, Bratman 2015, Faber-Taylor 2004, Yuchi 2022.

© Sunshine Coast Occupational Therapy Inc. 2021



Figure 40. Forest trail. Royalty free from Dreamstime, Desertgirl, 2021

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Nature Rx

- What is adhd?
 - Richard Louv - Nature Deficit Disorder
 - Gabor Mate' – Attunement Deficit Disorder
 - John Merrow – Attachment Deficit Disorder
- What is autism?
 - Improves with eye contact and time spent with parents in play.
- Adhd and autism BOTH improve with movement, touch, connection, and nature.
- What are we doing?

Building Foundations

Faber-Taylor 2004, Louv 2005, Mate' G 2005, Merrow 2010, Mukkades 2001, The Star 2013, Chonchaiya 2011/18, Lang 2010

Figure 41. Building Foundations graphic produced by author. 2021

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Outdoor Play Reverses Screen Time Effects

➤ JAMA Pediatr. 2023 Jan 23. doi: 10.1001/jamapediatrics.2022.5356. Online ahead of print.

Outdoor Play as a Mitigating Factor in the Association Between Screen Time for Young Children and Neurodevelopmental Outcomes

Conclusions and relevance: Higher screen time at age 2 years was directly associated with poorer communication at age 4 years. It was also associated with daily living skills, but frequency of outdoor play at age 2 years 8 months alleviated it, suggesting outdoor play mitigated the association between higher screen time and suboptimal neurodevelopment. Future research should specify the nature of the associations and intervention measures, enabling targeted interventions that reduce the potential risk in screen time.

M Sugiyama et al, 2023

Fig. 42. Outdoor Play as a Mitigating Factor in the Association Between Screen Time for Young Children and Neurodevelopmental Outcomes. Retrieved from JAMA Pediatrics. doi:10.1001/jamapediatrics.2022.5356.

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Adventure Playground

The Yard, Governors Isl. NY

Figure 43. Children in free play. Courtesy of Play:GroundNYC, www.play-ground.nyc 2021

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No Parents Allowed!

Figure 44. Natural playground. Courtesy of Play:GroundNYC, www.play-ground.nyc 2021

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Put Up a Basketball Hoop

Figure 45. Basketball hoop. Retrieved from Dreamstime, Strauski, 2021

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Budding Biologist

- We're not raising little adults, we are creating life long memories of childhood for our children.
- Maybe we just need to back off, let our kids explore, play, take risks, and be imaginative in their youth.
- *"The source of knowledge is experience".* Albert Einstein

Figure 46. Pic of small child with binoculars. Displayed by author with permission from child's Mom, 2021.

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Forest and Beach Games

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All together now...

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How to Play with Your Children

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4 Ways to Grow a Healthy Happy Child

Resource Handout

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100 Things to Do Other Than Screens

Resource Handout

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Meet Dr. Kerry Crofton

- PhD in Psychology.
- Author of 3 books.
- *Heart MD Institute* Contributing Editor and member of the *International EMF Alliance*.
- Co-founder and Executive Director of the International Advisory Board of *Doctors for Safer Schools*.
- Health educator and concerned parent.




Figure 47. Photo of Kerry Crofton displayed with her permission, 2022.

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Interview with Kerry

LESS SCREEN, MORE GREEN; A PUSH FOR OUTDOOR EDUCATION




© Sunshine Coast Occupational Therapy Inc. 2021 Video 7. Kerry Crofton interview with Cris Rowan, 2022

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Kerry's Resources

- Website: Less Screen More Green – lesscreenmoregreen.org.
- Books:
 - *Wireless Radiation Rescue*.
 - *A Wellness Guide for the Digital Age*.
 - *Less Screen More Green*.




Figures 48 a, b, c, d. Kerry Crofton's 3 books and website lesscreenmoregreen.org, 2022.

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Zone'in Technique

10 squats; hold 10 sec.



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TECHNOLOGY MANAGEMENT

4 Critical Factors for Child Development

Quiz 2

Human connection, nature

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