

Reconnect Webinars

Enhance health and productivity with balanced technology management

Screening for Screens

3-day, 12 module course

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



Overview

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 by clinicians as physical and mental illness. Research clearly documents correlation between screen overuse with physical, mental, social and learning impairments yet clinicians rarely assess for nor recommend screen reduction initiatives. Children and youth with screen overuse and addictions are being diagnosed and often medicated by clinicians for problematic behaviors and mental illnesses that have their origins in childhood trauma, abuse and neglect. The child is never the problem but rather are the health, education and social systems which surround the child. Social media and video game overuse has resulted in brain changes contributing to rising rates of cyberbullying, violence, polarity, extremism and racism, yet clinicians rarely connect these dots. Screen centric homes, schools, clinics and communities require clinicians with a unified, trauma informed approach to begin the long journey back from screens toward engagement in healthy activities. 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*?

Goals

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

- Review technology trends and negative impact on children, screen usage rates and expert guidelines.
- Review the 4 critical factors to optimize child growth and success: move, touch, connection, nature.
- Relate current research on the impact of screens on child performance in the following domains:
 - **Physical:** delayed development, obesity/diabetes, hyperarousal, myopia, sleep deprivation, musculoskeletal impairment, eating disorders
 - **Social:** social media, videogames, pornography, radicalization, polarity.
 - **Emotional:** problematic behaviors, poor self-regulation, challenge/risk, identity, motivation, independence, aggression/violence, cyberbullying.
 - **Mental:** mental illness (depression, anxiety, adhd, autism, addiction, suicide), *Adverse Childhood Experiences*, data privacy/security/design.
 - **Cognitive:** edtech trends, creativity crisis, Covid impact, impact of screen overuse on declining literacy, cognitive impairment, multitasking stress, attention deficit, poor academic performance, low productivity.
- Review technology screening tools and techniques for screen use assessment and management.
- Apply balanced technology management initiatives to achieve optimal child growth and success.

Handouts

Technology Tool Kit (Includes 43 reproducible handouts for parents, teachers and clinicians)

Evidence based – Research referenced - Strategy focused



Approved Provider

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?

Primarily clinicians including pediatric occupational and physical therapists, speech and language pathologists, counsellors, psychologists, social workers, physicians, pediatricians, psychiatrists. *Reconnect Webinars* are designed to be *advanced* level for social workers and counsellors, *intermediate* for psychologists and *introductory* level for clinicians e.g. OT, PT, SLP, RN, physicians, psychiatrists, pediatricians.

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