

Reconnect Webinars

Giving kids the edge they need to succeed

Disconnect to Reconnect Condensed Version

Impact of technology on child development, behavior, and learning.



Learn how to manage balance between technology and activities children need for growth and success.

Overview

Children use on average 7.5 hours per day of 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 our child's waking hours – but to what detriment? While technology offers obvious *promise* for children, *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 disorders are all associated with technology overuse. The effect of chronic states of high adrenalin in 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 health. 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 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

Disconnect to Reconnect raises public awareness regarding the damaging impact of technology on child 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.

Learning Outcomes

1. Review screen usage stats and expert guidelines.
2. Identify 4 critical factors for optimizing child development, behavior, and learning.
3. Evaluate research on impact of technology on children in four domains: physical, social, mental and cognitive domains.
4. Implement *Balanced Technology Management* strategies

Handouts

Technology Tool Kit

(Includes 43 handouts for parents, teachers and clinicians)

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?

Parents, teachers, administrators, special education staff, occupational therapists, speech and language pathologists, physical therapists, counsellors, physicians, psychologists, psychiatrists, social workers and childcare providers. *Reconnect Webinars* are designed to be *advanced* level for student, parents, and childcare providers; *intermediate* level for teachers, administrators and special education staff; and *introductory* for clinicians including OT, PT, SLP, RN, SW, counsellors, psychologists, physicians, pediatricians.

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