

Reconnect Webinars

Enhance child health and productivity with balanced technology management

Disconnect to Reconnect

3-day, 12 module course

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 adrenaline 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*?

Goals

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

- 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.
- 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, video games, 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.
- Apply *Balanced Technology Management* initiatives in home and community settings.

Handouts

Technology Tool Kit (Includes 75 reproducible 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?

Primarily parents, but also anyone can attend e.g. teachers, administrators, 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 parents and childcare workers, *intermediate* level for teachers, administrators and special education staff, and *introductory* level for clinicians including OT, PT, SLP, RN, SW, counsellors, psychologists, physicians.

How to buy this Technology Management Webinar recording?

- ✓ **Buy** this *Technology Management Webinar – Parents* online at www.reconnectwebinars.com
- ✓ **Check** out our other 3 *Technology Management Webinars* online at www.reconnectwebinars.com.
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 - Teachers – *The Learning Paradox*
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 - Attention and Learning – *Why Can't Children Sit Still?*
 - School Success – *Diminishing Returns*
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