

Reconnect Webinars

Enhance health and productivity with balanced technology management

The Learning Paradox

3-day, 12 module course

Prioritizing foundations for child growth and success over screen use.



Overview

Children use 7.5 hours and teens 9 hours per day of entertainment screen content prior to coming to school...and then there was Covid. Immersion in mindless content is resulting in the 'de-evolution' of the brain resulting in poor ability to pay attention and learn. Overuse of social media, video games, porn, TV, YouTube and cartoons are rewiring the brain for an overly active limbic system and under active frontal lobe, creating an impulsive, reactive student with attention deficit, problematic behaviours and difficulty learning and attaining basic literacy. Singular focus on ubiquitous use of screens in schools has diverted educator's attention away from research evidenced teaching foundations for printing, reading and math, resulting in decline in academic performance. Despite expert guidelines recommending no more than 2 hours per day of screen time, inadequate research for online learning, and numerous studies validating outdoor/nature learning, a preponderance of schools instead of going outside, went online. Depressed and anxious, physically unfit, socially inept and cognitively delayed...children and youth have emerged from Covid online learning ill prepared for school, work and life in general. Schools are creating *Virtual Classrooms* and homes are creating *Virtual Families*, further alienating children from essential movement, touch, human connection and nature that are 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 screens *sustainable*?

Goals

The Learning Paradox raises teacher awareness regarding the damaging impact of technology on child and youth 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 supervise certified teen students to become peer model *Screenbusters* for the younger grades.

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, 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.
- Review literacy standards and form subsequent technology management policies for schools.
- Apply *In/Outdoor Learning* concepts and begin training teens for the *Screenbusters Program*.
- Apply *Balanced Technology Management* initiatives in school classroom, gym and playground settings.

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 teachers, principals, administrators, PAC's, school boards, counsellors, special education staff, school counsellors, psychologists, social workers and clinicians (includes pediatric occupational and physical therapists and speech and language pathologists). *Reconnect Webinars* are designed to be *advanced* level for education assistants and PAC's, *intermediate* for teachers, principals, school boards, counsellors, school psychologists and social workers and *introductory* level for clinicians e.g. OT, PT, SLP, RN, physicians.

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