



## **Disconnect to Reconnect**

The impact of technology on healthy child development.  
A critical workshop for professionals working with children.

**Cris Rowan** BScOT, BScBi, SIPT-certified

Monday, Nov. 6, 2017, 9 a.m. to 4 p.m., Winnipeg, MB

**Disconnect to Reconnect** raises awareness about the impact of technology on children's physical, social, mental and cognitive development. This workshop provides professionals with tools and techniques to balance technology use with the activities children need for healthy growth and development.

Technology is dramatically impacting child development and learning. Elementary-aged children use entertainment technology an average of eight hours a day, and over 75 per cent of them have technology in their bedrooms. Bring Your Own Device (BYOD) education policies have further amplified overuse.

Sedentary and hardwired for high speed, our children are having issues paying attention and learning in traditional school settings. Children who overuse technology may also experience sleep deprivation, delayed development, depression, anxiety, obesity, memory loss, distraction, and difficulty with social relationships.

Clearly, it's no longer sustainable to continue the ways in which we use technology to raise and educate children. In this day and age of technology overuse, it's crucial we recognize children's needs to learn the elements of movement, touch, human connection and nature.

Through Balanced Technology Management (BTM) techniques, we have the power to bring a healthier balance back to our homes, classrooms and communities to create sustainable futures for all children.

### **Workshop Outcomes**

In this workshop, we will:

- Relate current technology research to child physical, mental, social and academic development.
- Explore BTM – the importance of a balance of movement, touch, human connection and nature with technology.
- Evaluate your personal, client, or classroom technology use by completing a technology “screen and schedule.”
- Implement balanced technology management, and apply clinic-, school- and home- reduction strategies.

### **A WORKSHOP FOR PROFESSIONALS**

Rewire your knowledge for a new world of children and technology.

This workshop is for teachers, administrators, special education staff, therapists, occupational therapists, speech and language pathologists, physical therapists, physicians, psychologists, psychiatrists, social workers and child care providers.

### **ABOUT CRIS ROWAN**

Cris Rowan is known around the world as an expert, speaker, author, and specialist on the impact of technology on children's neurological development, behavior, and ability to pay attention and learn.

Cris has Bachelor of Science degrees in Occupational Therapy and in Biology, is a SIPT-certified Pediatric Sensory Specialist, and is CEO of Zone'in Programs Inc., which provides products, workshops, training, and consultative services to promote technology balance and productivity.

Cris has created the:

- New Zone'in, Move'in and Unplug'in programs.
- Foundation Series Workshops and Zone'in Training for therapists.
- Creating Sustainable Futures program.

She's written *Virtual Child* – the terrifying truth about what technology is doing to children.

## REGISTER AND PAY BY CHEQUE

Complete and fax this form to 204-788-4105.

Name: \_\_\_\_\_

Occupation: \_\_\_\_\_

Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov.: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Make cheque payable to Alloway Therapy Services, and mail to: Alloway Therapy Services, 468 Academy Road, Winnipeg, MB R3N 0C7

## GROUP INFORMATION

Please list the full name and email address of any additional people joining you. If you're attending with more than three people, please attach a separate sheet with their contact information.

Name #1: \_\_\_\_\_

Email: \_\_\_\_\_

Name #2: \_\_\_\_\_

Email: \_\_\_\_\_

Name #3: \_\_\_\_\_

Email: \_\_\_\_\_

## REGISTER ONLINE AND PAY USING PAYPAL

Visit [www.allowaytherapy.com](http://www.allowaytherapy.com).

## OTHER INFORMATION

NOTE: You will receive an email before the start of the workshop with handouts to review.

Check here if you'd like to receive emails about Alloway Therapy Services' upcoming workshops.

**SEATING IS LIMITED – REGISTER TODAY!**



[p] 204-788-4100 [f] 204-788-4105

[e] [info@allowaytherapy.com](mailto:info@allowaytherapy.com)

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## WORKSHOP DATE AND LOCATION

Monday, Nov. 6, 2017  
9 a.m. to 4 p.m.

Canad Inns Destination Centre Polo Park  
1405 St. Matthews Ave.  
Winnipeg, MB R3G 0K5

Plenty of FREE Parking

## WORKSHOP COST

Payment is due upon registration (GST included in price).

### Early Registration (by Sept. 25, 2017)

Single: \$175

\*Group: \$160 per person

### Regular Registration (after Sept. 25, 2017)

Single: \$195

\*Group: \$180 per person

\* Three or more people.



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by The American Occupational  
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## WORKSHOP FOR PARENTS AND CAREGIVERS

If you know parents or caregivers who might find this information useful, we'll be holding a special evening session for them:

**Monday, Nov. 6, 2017, 6:30 to 8:30 p.m.**

Visit [www.allowaytherapy.com](http://www.allowaytherapy.com) for further information on this workshop and to register.