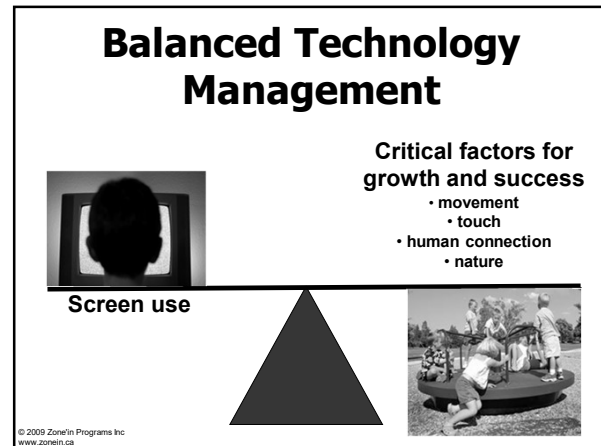
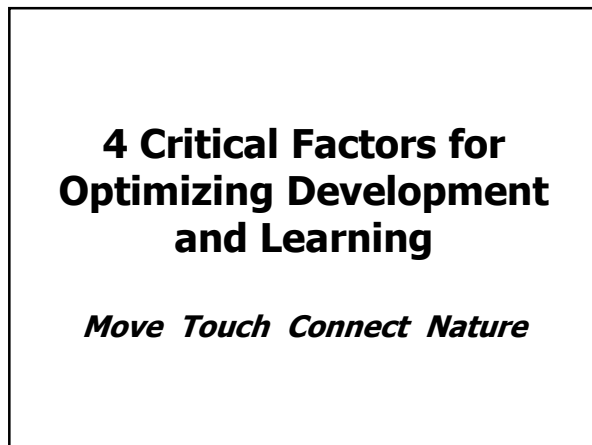




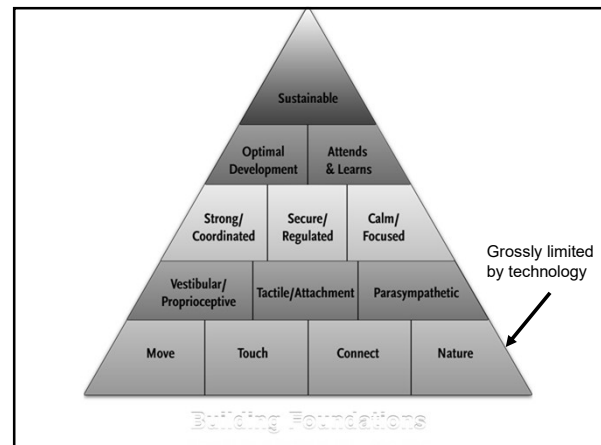
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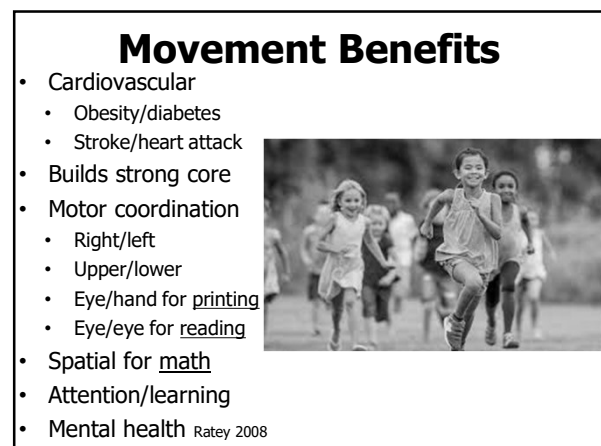
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5



6

Canada Movement Guidelines

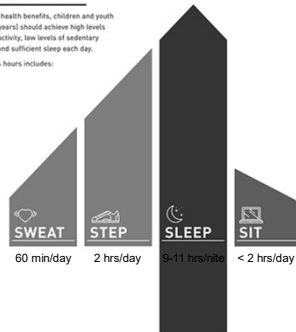
- < 13% of children meet the *Canadian Movement Guidelines*.

- Effects of sedentary lifestyle costs Canada \$70 billion per/year in healthcare costs.

Canadian Society for Exercise Physiology 2018, National Institute of Health 2018

GUIDELINES

For optimal health benefits, children and youth (aged 5-17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day. A healthy 24 hours includes:



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Touch

Device use deprives children of touch.

8

Touch Benefits

- Touch is a biological necessity.
- Without early touch, infants die (orphanages).
- Adequate touch produces secure, gentle, relaxed infants and toddlers.
- Inadequate touch results in fearful, anxious and agitated infants and toddlers.



Hopper 1957, Montagu 1978

9

Connection

The origin of child mental wellness

10

Attachment Benefits

- Attachment is a biological need without which we die.
- Failure of attachment is #1 causal factor for mental illness.
- Attachment is the foundation for all relational behavior.

Montagu 1978, Insel 2001, Waddell 2007, Houtrow 2014, Crittenden 2015



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Detachment Disorder

- 1 in 5 parents report they "do not know how" to play with their children.
- 1 in 3 parents report that playing with their child is "boring".
- Child injury rates have risen 12% in past five years citing screen overuse by parents.

Guardian News 2010, Center for Disease Control 2012



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Nature

When did nature become unsafe?

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Nature Benefits

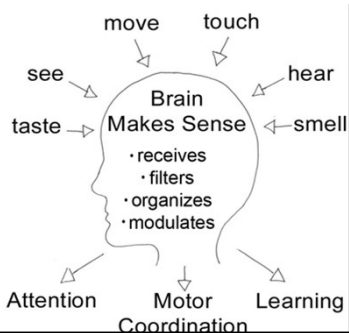
Nature exposure increases physical activity and sunlight, reducing risk and progression of:

- Myopia: decreases 2% for every 1 hr. outside.
- Obesity: more movement.
- Sleep disorders: improved sleep sustenance.
- Depression/anxiety: improved mood.
- Problematic behavior: reduced.
- Cognitive impairment: improved attention.
- Cardiovascular: reduced stroke, heart attack.

Children's Health in the Digital Age - Dresch-Langley 2020; Ngurah Edi Putra, 2020, Hale 2018

14

Sensory Processing/Integration



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Sensory Imbalance

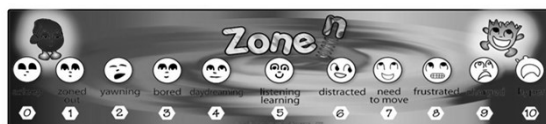


Today's screen-centric child has...

- too much visual and auditory stimulation;
- too little touch, movement and connection;
- SENSORY IMBALANCE
- high energy states – OR –
- low energy states

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Zone-O-Meter for Self-Regulation



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Balanced Technology Management Interventions

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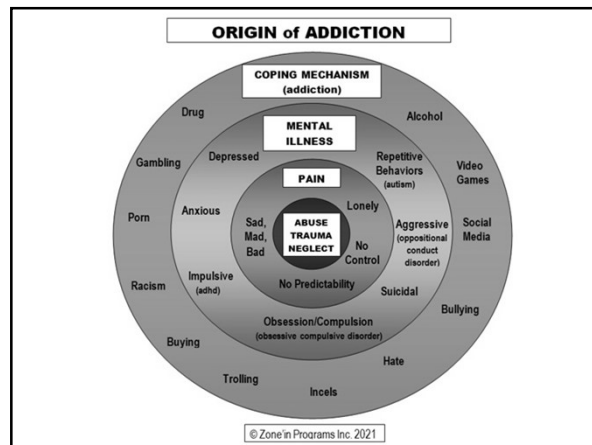
Key Team Players in Managing Screens

- **Parents and Extended Family** – a child's "pack".
 - Parents role model functional relationships and best practices for screen use; huge impact on child behaviour.
- **Teachers**
 - Also role model screen use.; choose appropriate learning tool (pencil, paper, book, screen) to optimize learning.
- **Therapists**
 - Support and guide child and family toward mental and emotional wellness; key players in identification of screen overuse.
- **Physicians and Clinicians**
 - Diagnose and treat problems related to screen overuse, yet may not recognize screens as a causal factor.

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Generational Healing Model



22

Balanced Technology Management Homes

Start with a Family Meeting

- Discuss screen usage (duration and content).
- Discuss sleep duration and device in bedroom.
- Review expert guidelines.
- Decide on 2 family screen rules.
- Determine 5 family activities screen free.
- Create screen free zones.
- Survey interest for family 'screen unplug'.



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Balance Screen Use with Healthy Activity

1. Do one healthy activity **FIRST**, then screens (chores, homework, play, instruction period).
2. Read one book/day (book, bath, bed) as a family.
3. Eat one 'no screen' meal/day with family.
4. Have one 'no screen' game night/week with family.
5. Play one game outside/day.
6. Do one 'no screen' outing/week with family.
7. Have one 'no screen' holiday/year with family.
8. No screens in bedrooms, bathrooms, restaurants, cars, social areas.

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Create Tech Free Zones

Cell phone, text, TV, & tablet rules

School

Red Zone - students

- no *wireless* devices allowed on school grounds
- *wired* devices limited to 0.5 hour/day
- NO unsupervised internet access

Yellow Zone - teachers

- calls only; no emails or texts in classroom, lunch room, recess

Green Zone - teachers

- calls, texts and emails okay when alone e.g. after school

Home

Red Zone - everyone

- NO TECH at dinners, in car, in bed, or when children are present
- NO TECH play time one hour prior to bed

Yellow Zone - everyone

- calls only; no emails or texts half day Saturdays, holidays.

Green Zone - everyone

- calls, texts and emails okay when alone

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Improve Quality of Content

- Prosocial content \Rightarrow prosocial behavior
- Antisocial content \Rightarrow antisocial behavior
- Fast paced content \Rightarrow adhd, impulsivity



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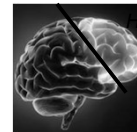
Media Content

Mindless—less mind

- Fast paced, violent
- Most video games
- TV sitcoms
- Cartoons
- You Tube
- Social media
 - Snap Chat
 - Tick Toc
 - Instagram
 - Texting

Mindful—more mind

- Slow paced, prosocial
- News
- Most sports
- Nature
- Documentaries
- Educational shows



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Screens, Sleep & Movement

Follow Expert Guidelines

Age	Average Screen Use	Rx for SCREENS	Rx for SLEEP	Rx for MOVEMENT
0-2 years	2.5 hrs/day	No screens	14 hrs/day & nite	3 hrs/day; no restraints > 1 hr
3-5 years	4.5 hrs/day	1 hr/day	12 hrs/nite	3 hrs/day; no restraints > 1 hr
6-12 years	7.5 hrs/day	2 hrs/day	11 hrs/nite	3 hrs/day; 1 hr vigorous
13-18 years	9.0 hrs/day	3 hrs/day	10 hrs/nite	2 hrs./day; 1 hr vigorous

Canadian Pediatric Society 2019, Canadian Sleep Foundation 2017, Canadian Society for Exercise Physiology 2018, National Institute of Health 2018

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Best Age for a Phone?

Attain Independence First!

- ✓ Get up on own on time.
- ✓ Make own breakfast and lunch.
- ✓ Do own laundry.
- ✓ Cook one dinner a week.
- ✓ Clean room.
- ✓ 1 small chore per day, 2 big chores per week.
- ✓ Maintain good hygiene.
- ✓ Functional social skills.



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Downside of Tracker and Blocker Apps

- False sense of security.
- Kids can just buy burner phones or reset router.
- Kids can google "hack App..." or "get around App..."
- Authoritative, controlling and punitive.
- Tracker/Blocker apps are saying "We don't trust you".
- If a child is in trouble, make joint decision what to do.



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Balanced Technology Management Schools

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In/Out Schools

- Half day inside and half day outside to meet Covid restrictions.
- Outdoor class benefits:
 - Teachers able to teach twice as long without interruption.
 - Teachers redirect student attention half as often.
 - Significantly improved indoor attention after outdoor class.
 - Significantly improved behavior.



Kaplan 1995, Kuo 2017, Ngurah Edi Putra 2020

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Recess is a Regulation Tool

Playgrounds Should be Developmental Challenging



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Vestibular Stimulation

Builds strong core, wakes them up!

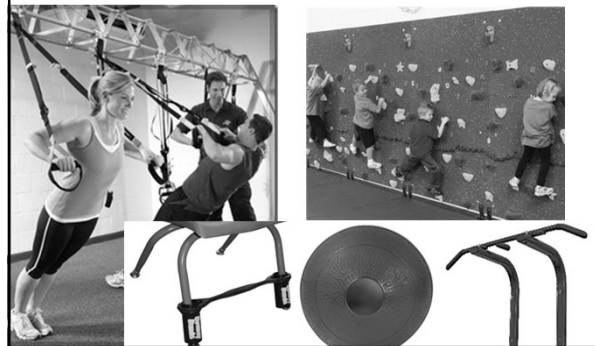


Kidsfit Kinesthetic Classroom

35

Proprioceptive Stimulation

Dumps energy, calms them down!



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Train Grade 6/7 - Screenbusters Program

- Train peer models to do weekly Tech Talks.
- Children color "Zombie Kid" while learning about 5 key tech impact areas.
- Lots of discussion, questions, debate.
- End with 24 hour Survivor Unplugged Challenge.



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Convert Classrooms to Gyms



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Gym Obstacle Courses

Crash-N-Bump - Heiltsuk First Nation

- EI and school-based initiative in First Nations communities.
- Enhancing sensory, motor, and attachment development.
- 8 stations: earth, mountain, river, ocean, lake, sun, earth, and store.
- One full day per week of rough-n-tumble play!



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Hall Relay Races

Cedar Grove Elementary, Gibsons BC



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Balanced Technology Management Clinicians, Therapists, Physicians

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Disclaimer

The following interventions and strategies are based on author's experience and are not substantiated with research.

We are all pioneers in discovering what strategies work best.

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Screen for Screens

- Parents underestimate by 70% their child's (and their own) screen usage.
- Instead, ask child to name 5 activities they do OTHER THAN screens.
- Ensure you know exactly what you are treating with mandatory screening for screens.

The Learning Habit 2017

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Count the 10 Red Flags

- ✓ Developmental delay – speech, motor, cognition
- ✓ Sleep deprivation/disorders – can't get to/stay asleep
- ✓ Social phobias – no friends, dislikes outings
- ✓ Behavior problems – controlling, defiant, aggressive
- ✓ Self-regulation issues – can't wait turn, tantrums
- ✓ Disinterest in activities - other than screens
- ✓ Eating disorders – anorexia, bulimia, obesity
- ✓ Mental illness - depression, anxiety, obsession
- ✓ Attention deficit – distracted, learning difficulties
- ✓ School performance – low grades, wants to drop out

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Intervention Trajectory

Level	1	2	3	4
Symptoms and Severity Interventions	2-3 red flags	4-5 red flags	6-8 red flags	9-10 red flags
	Education Websites Books Webinars Family 24-hr 1/wk detox	Education Family therapy Parent coaching Family 1 wk 1/mo. detox - OR - Family 1 mo. detox	Education Outdoor retreats 1 mo detox camps Family 2-3 mo. detox Short stay residential	Education Long term, inpatient treatment 3-6 mo. Hospitalization
<i>Sleep, eat, speak, play should always be screen free!</i>				
Rowan C, 2021				

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Individualized Interventions

Severe Symptom	Severe Strategy
Aggression, violent, rude	Stop violent media
Attention deficit, asocial	Stop fast paced media (cartoons, video games)
Depression, anxiety, obsessions	Stop social media
Screen addiction; harming self or others	Stop all screens
Preparation: ensure adequate alternate activities in place to replace time spent with screens X 1 week.	
Procedure: at least 2-3 week elimination trial for activity reset; proceed as child's behavior indicates. Consult a therapist/counselor.	

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Little Ditties

- Energy in = energy out.
- SCREEN FREE
 - 1 hour/day – dinner prep/eat/clean up
 - 1 day/week – Sat. chores/sports/outing
 - 1 week/year – family holiday
- Sleep, eat, speak, play SCREEN FREE!
- Lock it up - out of sight, out of mind.
- Being bored is the origin of creativity.
- Think of screen time in dosages...like Rx meds.

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Tools

Tech Tool Kit

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NAME: _____ DATE: _____

Unplug – Don't Drug

with TECHS-NO! Rx Pad

TECHS-NO! Rx

Technology: 1 - 2 hours per day maximum
Exercise: 3 - 4 hrs per day
Connection: listen, hugs, bedtime stories
Home: no TV's in bedrooms; no tech dinners, Sundays and holidays; no media violence
School: no tech recess and lunch
Nature: explore green space
Outdoors: play, jump, run and breathe!

SIGNATURE: _____

Need help?
www.zonein.ca


Zone!
© 2009 Zone'In Programs Inc.

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Zone'in

Unplug'in

Parent Unplug'in Brochure



'Must read' information for everyone who loves their children.

Zone!
Addressing the effects of technology on child development
© Zone'In Programs Inc., 2008

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Technology Schedule

Get Zone!

Did you know that television, videogame and internet overuse is linked to:
 • weight gain • attention problems • poor school performance
 • poor body image • trouble sleeping • family conflicts
 • addiction • aggression • early sexual experiences

WOW!
If you have problems in these areas, you should not use more than one hour per day of TV, videogames or internet!

Why not do this!

PAST • ride your bike • climb a tree • be artistic • write
PRESENT • build a fort • dance • listen to music • cook dinner
FUTURE • eat dinner as a family • play cards • play a board game • invent your own game • garden together • read a book • play a sport • bake cookies

Your Technology Schedule
Pick your favorite TV program, videogames or internet activities, and write them in the box. Post this on your fridge as a reminder.

Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

Remember, no more than one hour every day!
Now...go and enjoy your life!!

© Zone'In Programs Inc., 2008

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Technology Contract

Family Tech Contract

We, the undersigned members of the _____ family, do hereby agree to the following measures to optimize the health and well-being of our family members.


Write in family names. Each family member initials box next to each specific Tech Task to indicate their commitment.

Family Names					
Tech Tasks					
Adult member has problems associated with screen use.					
Share specifics of problematic areas e.g. overuse, inappropriate content, nighttime use.					
Each family member formulates 3 goals specific to problematic areas (see page 2, goal on top step and fill in steps as needed).					
Identify 5 physical activities of interest and schedule engagement.					
Identify 5 social activities of interest, schedule engagement.					
Identify 5 outdoor nature-based activities; schedule engagement.					
Agree to participate in activities without complaint or refusal.					
Agree to not cheat, lie or misrepresent regarding screen use.					
If slip up on commitment, inform family members immediately.					

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TechDen or Lock Box

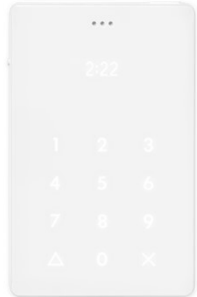
- App sets duration and time of day limits.
- Tech is stored in lock box which charges devices.
- Rewards are given for prompt return of device to tech lock box.



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Light Phone

- Phone calls and texts only.
- No internet e.g. no social media, video games or porn.
- No cyberbullying.
- Watch for burner phones.
- Peace of mind... peace of life.



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Tech Talk Webinars

Tech Talks for Families

- 10 sessions/10 hours/10 weeks/\$100.
- Comes with *Tech Tool Kit*.
- Part 1: increase healthy activities.
- Part 2: tech impact info.
- Part 3: tech management strategies.

Tech Talks for Therapists

- 5 sessions/5 hours/\$100.
- University course with Cris Rowan and Dr. Chantelle Bernier.
- How to assess and treat tech overuse.
- Comes with client tools and handouts.

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Virtual Child book

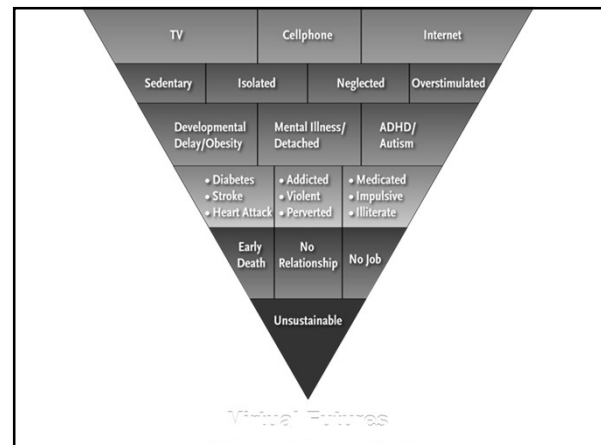
www.amazon.com



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Summary

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Technology and Children

Tip of the "Techtanic" Iceberg



- Health and education systems haven't even begun to detect, much less understand the profound ramifications of child technology overuse.
- Secondary effects are yet to come.
- Need to proceed with caution.

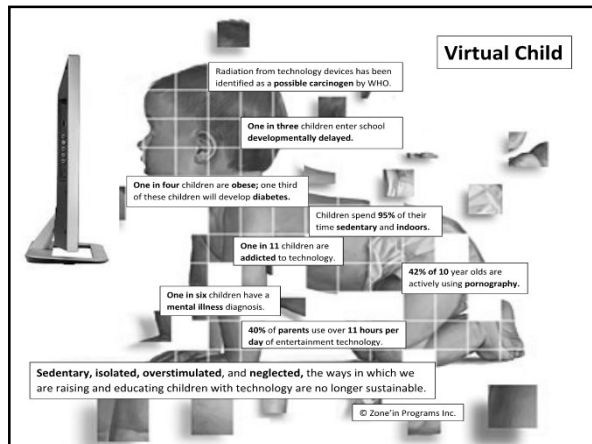
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Technology Train



- Don't know where it's going, what the long term effects are, yet are moving full steam ahead.
- Children are falling off.
- Need to stop, bring the train back to the station and adequately research the long term impact of technology on the developing child.
- Proceed with caution.

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Contact Information

Cris Rowan, BScOT, BScBi, SIPT

Zone'in Programs Inc.
604-885-0986 phone 604-885-0389 fax

Email: crowan@zonein.ca
Websites: zonein.ca, suncoastot.com
Blog: movingtolearn.ca
Facebook: [zoneinprograms](https://www.facebook.com/zoneinprograms)
Twitter: [ZoneinPrograms](https://twitter.com/ZoneinPrograms)

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