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TECH TALKS for THERAPISTS –Tech Talks for Therapists guides therapists on how to assess child and family technology overuse, and how to assist families to better manage balance between technology and healthy living. *Tech Talks for Therapists* is a series of five one hour webinar sessions which include a variety of handouts and strategies to help families redesign lifestyles for health and success.

Session One - Introduction				
Goals: recognize impact of recent rise in technology use on child and family.				
Session	Title	Topic	Objectives	Supporting Materials
1	Virtual Child	Tech Trends and Statistics	Review trends toward escalating use of technology by children. Technology usage statistics and expert recommendations.	Parent Unplug'in brochure, Tech Usage Screen. Videos located on zonein.ca/Media and Videos/Cris Rowan Videos.
Session Two – Four Critical Factors for Child Development, Behavior, and Learning				
Goals: identify four critical factors to optimize child development, learning and behavior; explore a variety of initiatives to enhance movement, nature, touch, and human connection.				
2	Play Deficit	Movement and Nature	Impact of sedentary and nature deficit lifestyle on children; obesity/diabetes, sleep deprivation, developmental delay.	Movement Initiatives, Nature Initiatives.
	Tech Neglect	Touch and Human Connection	Profile touch deprivation and attachment disorders diagnosed as mental illness; create structured family reconnection plan.	Touch Initiatives, Connection Initiatives.
Session Three – Impact of Technology on Child Physical and Social Development				
Goals (sessions 3 & 4): review research on impact of technology on four domains of human function: physical, social, mental and cognitive; identify family issues related to technology overuse; enact counteractive measures.				
3	Tech Fat	Brain/Body Development	Knowledge regarding technology impact on body and brain development.	Videos located on zonein.ca/Media and Videos/Educational Videos.
	All Alone	Social Development	Speech delays, establishing self-identity, social networking, video games, pornography.	
Session Four – Impact of Technology on Child Mental and Cognitive Development				
4	Tech Crack	Mental Development	Identify causal factors for technology addiction. Quantify level and type of technology addictions.	Videos located on zonein.ca/Media and Videos/Educational Videos.
	Learning Paradox	Cognitive Development	Educational technology risks/benefits, strategize and plan for content/duration of educational technology use.	
Session Five – Strategies, Tools, and Case Study				
Goals: review technology reduction and management strategies and customize for family; identify long term goals and supports; enact technology maintenance procedures; measure functional outcomes of <i>Tech Talks</i> webinar.				
5	Creating Balance	Tech Management	Determine technology usage plan and family tech rules; complete technology schedule. Support family 3 day tech unplug; plan long term technology management strategies. Implement pre/post unplug tracking tool.	Tech Usage Guidelines for Children, Family Tech Rules, Tech Schedule, Unplug'in Protocol, Tech Unplug Tracker Tool.

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