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## The Tech Tool Kit for Professionals

The **Tech Tool Kit** was designed by pediatric occupational therapist, biologist, speaker and author Cris Rowan, an expert in the impact of technology on children. CEO of Zone'in Programs Inc., Cris is passionate about changing the ways in which children use technology. The **Tech Tool Kit** contains 13 tear off pads including technology screens, information, and tools for health and education professionals to service 50 children, youth and parents.

### I Tech Screens

**Technology Usage Screen for Parents** – documents technology usage.

**Technology Addiction Questionnaire** – determines addiction.

**Attachment Questionnaire** – profiles parent/child attachment.

**Technology Diet** – technology usage ranking questionnaire for families.

### II Tech Information

**Fact Sheet** – topically organized facts with alphabetically listed research references.

**Parent Unplug'in Brochure** – facts, addiction, impact, expert usage guidelines, and short list of alternative activity suggestions.

**Road to Medication** – profiles how lack of movement, touch and human connection, result in child mental illness diagnosis and medication.

**Building Foundations/Virtual Futures** – flip card that profiles critical factors for child development and learning, with impact of technology.

### III Tech Tools

**Techno Rx Pad** – 6 guidelines for addressing problematic child behaviour; replaces prescription of psychotropic medication.

**Ten Steps to Unplug Children from Technology** – ten step plan to reduce the use of technology starting with parents unplugging themselves, and being available to their children.

**Technology Usage Guidelines** – compiled by Cris Rowan, Hilarie Cash with reSTART Technology Addiction Center, and Dr. Andrew Doan with Real Battle Ministries.

**Technology Schedule** – organizational chart for the whole family to schedule in weekly technology usage, balanced with a list of healthy alternative activities.

**Resource List** – contains technology addiction treatment centres, counsellors, websites, and books.