

Media Resource

Cris Rowan, Founder and CEO of **Zone'in Programs Inc.**

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Cris' Expertise

- Registered pediatric occupational therapist - RegOTBC
- Biologist - BScBi
- Certified in Sensory Integration - SIPT
- Approved provider with the American Occupational Therapy Association and Autism Community Training
- Member in good standing with the College of Occupational Therapists of British Columbia
- Committee member of the Institute for Digital Media and Child Development
- Committee member of Canadian Association of Occupational Therapists Sensory Processing Disorders

Education

- BSc in Occupational Therapy from UBC
- BSc in Biology from UBC
- SIPT from Western Psychological Services

Experience

- Over the past 30 years, Cris has been specializing in pediatric rehabilitation, working with School District No. 46 on the Sunshine Coast for over a decade.
- Cris has performed over 300 workshops, spoken at international conferences (Canada, US, China, Nepal, India, Ecuador, Ireland, France, Cyprus, Italy), and has published numerous articles on impact of technology, sensory integration, learning, attention and fine motor development for teachers, therapists, and parents. Cris specializes in working with peoples from First Nations culture in BC.

What Cris Rowan Can Speak To As an Expert

- Cris has first-hand knowledge of learning challenges school-aged children experience related to unexpended energy, as well as printing and reading delays.
- Cris's pediatric specialty areas are in technology management in home and school settings, sensory integration and praxis, self-regulation, movement/nature for improved learning, and motor development and literacy as they pertain to children's ability to optimally develop their sensory, motor and attachment systems, as well as be able to attend, print and read.
- Cris's extensive research literature review regarding the damaging effects of TV and videogames on children's neurological development.
- Cris's *Unplug – Don't Drug* policy initiative for Canadian physicians and health and education government

What has Cris Rowan Created to Help Children, Youth and Families?

I. Website

The Zone'in website is host to the following information and useful tools to help children, parents, health professionals, government, researchers and even technology production corporations better manage balance between technology and healthy activity.

- **Zone'in Fact Sheet** in both English and Spanish, provides over 300 referenced research links organized by topic with researchers alphabetically arranged toward back of document.
- Free **Child Development Series Newsletter** containing feature article, research, news, conferences to keep everyone up to date and informed on the impact of technology on children, youth and families.
- Conversational blog **Moving To Learn** provides readers with a forum with which to engage in discussions and information sharing regarding the impact of technology.
- Educational and informative **Videos** provide topical and often controversial information on impact of technology.

II. Zone'in, Move'in and Unplug'in Educational Programs

The *Zone'in*, *Move'in* and *Unplug'in* educational programs were developed by Cris Rowan, pediatric occupational therapist and sensory specialist. These programs are designed to help children harness their energy, address developmental delays impacting on ability to pay attention, print and read, and manage technology use. *Zone'in*, *Move'in* and *Unplug'in* promote self-regulation and motivation as they are child-driven, and therefore are an integral first step for teachers, therapists and parents to engage with children. *Zone'in* helps kids to understand the energy in their bodies and to discover fun, lively ways to manage that energy so that they can learn, listen and interact well with others. *Move'in* is a fun board game and computer program that helps children understand why they can't print and read, the basics of literacy, and what they should do to make these tasks easier. *Unplug'in* is a developmental tool to help children develop performance skills in the *Me*, *We*, *Earth* and *Spirit* dimensions, making unplugging easy!

III. Zone'in Foundation Series Workshops and Webinars

Educators

Cris Rowan realized how to help bring health and education professionals into the technological 21st century by creating the *Foundation Series Workshops*. Covering topics such as sensory and motor system development, attachment theory, effects of technology on the developing child, strategies to improve attention, printing and reading, moving to learn theory, and how to redesign classrooms, gym and schools to enhance learning, Cris Rowan helps adults understand the confusing myriad of problems facing today's children, and offers tools and techniques to making learning easy for every child.

Families and Therapists

To assist families in the area of managing balance between technology and healthy activity, Cris Rowan designed *Tech Talks for Families*, a series of ten half hour webinars followed by half hour of home work. To be completed by whole family over the course of a ten week period, *Tech Talks for Families* takes members on an exploration of

discovery and connection, building family fabric needed for tech management and reduction. To assist therapists, educators, and clinicians in the area of helping families better manage balance between technology and healthy activity, Cris Rowan designed *Tech Talks for Therapists*, a series of five one hour webinars including handouts.

IV. Zone'in Training Programs

As technology use continues to rise, so does the incidence of childhood developmental delays, causing an increased demand for trained pediatric occupational therapists. An increased supply of expertly trained pediatric occupational therapists will go a long way toward helping teachers, therapists and parents understand and deal with building solid foundations for developing children.

V. Zone'in Consultation Services

Cris Rowan provides private consultation to homes, schools, clinics, government, researchers, and technology production corporations. Rowan provides customized presentations and facilitates group meetings upon request.