

## **Media Resource**

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

## **Contact Info**

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## **Cris' Expertise**

- Pediatric occupational therapist
- Certified in Sensory Integration
- Approved provider with the American Occupational Therapy Association, Canadian Occupational Therapy Association and Autism Community Training
- Member in good standing with the College of Occupational Therapists of British Columbia

## **Education**

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

## **Experience**

- Over the past 15 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 200 workshops, spoken at international conferences, and published numerous articles on sensory integration, learning, attention and fine motor development for teachers, therapists, and parents throughout North America.

## **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 problems.
- Cris's pediatric specialty areas are in Sensory Integration and Fine Motor Development theories as they pertain to children's ability 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

## **Zone'in, Move'in and Unplug'in Educational Programs**

The *Zone'in*, *Move'in* and *Unplug'in* educational programs were developed by Cris Rowan, a highly respected 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 reduce 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!

### **Zone'in Foundation Series Workshops**

Cris Rowan realized how to help bring health and education professionals into the technological 21<sup>st</sup> century by creating the *Foundation Series Workshops* and the *Zone'in Development Series* monthly newsletter. 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.

### **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.