



**Sunshine Coast Occupational Therapy Inc.**  
Child Development Webinars  
Enhance child development, behavior and learning.

## **Attachment and Addictions**

### **A Cracked Foundation: How Virtual Parenting is Destroying Children**

#### **Overview**

**As parents connect more and more to technology, they are disconnecting from their children at a rapid pace.**

The result is an unprecedented escalation of attachment disorders, posing new and challenging behaviors for teachers and therapists. Disconnection from self, others, nature and spirit is resulting in child mental health and behavior disorders that are readily being diagnosed and medicated. As attachment disorders are the underlying causal factor for addictions, and child technology use patterns follow that of their parent, many of today's "detached" families also have complex addictions that the education and health systems are only beginning to detect, much less understand. As one in six children are currently diagnosed with a mental illness, it is imperative for all people who work with children to understand healthy attachment formation, so they will be prepared to provide children with the critical elements they need to grow and succeed. Fragmented, frazzled and far too busy, *21<sup>st</sup> century families* are struggling to survive, leaving behind in their wake children who are unable to self-regulate, pay attention and learn. As the dining room table is increasingly replaced by the big screen, and family conversation becomes non-existent, the foundations for child development are finally beginning to *crack*.



#### **Goal**

*A Cracked Foundation* profiles how attachment formation is an underlying causal factor for the recent rise in child mental illness and addiction and offers education and health professionals much needed information on how to address and promote healthy attachment formation in children and parents.

#### **Learning Outcomes**

- Evaluate the impact of technology on attachment formation
- Identify three types of attachment disorders
- Identify critical factors for healthy attachment development
- Apply techniques to improve attachment in *home, school* and *clinic* settings

#### **Handouts**

*Critical Factors for Healthy Child Development*

*Attachment Questionnaire*

*Technology Addiction Questionnaire*

*Ten Steps to Unplug Your Family from Technology*

***Evidence based – Research referenced - Strategy focused***

## Creator and Speaker

Webinar creator **Cris Rowan** is a well-known speaker and author to parents, teachers and clinicians throughout North America in the field of sensory integration, motor development, learning enhancement and the impact of technology on children's neurological development. Cris has Bachelor of Science degrees in both Occupational Therapy and in Biology and is a SIPT certified Pediatric Sensory Specialist. Cris is CEO of Sunshine Coast Occupational Therapy Inc. and Zone'in Programs Inc. offering workshops/webinars, training, and consultation services to enhance child development, behavior and learning. Cris is a prolific writer creating the [Child Development Series Newsletter](#), [Moving to Learn](#) blog, [Unplug – Don't Drug](#) peer reviewed publication, [10 Reasons to ban handheld devices in children under 12](#) viral Huffington Post article with 7.2 million "likes", as well as her first book [Virtual Child – The terrifying truth about what technology is doing to children](#). Cris is a member of the internationally renowned *Institute for Digital Media and Child Development* and the *Children's Screen Time Action Network - Screens in Schools Committee*.



## Who should buy and watch Webinar?

Parents, teachers, administrators, special education staff, occupational therapists, speech and language pathologists, physical therapists, counsellors, physicians, psychologists, psychiatrists, social workers and childcare providers. Child Development Webinars are designed to be *introductory* level for therapists, *intermediate* for teachers and *advanced* for parents, childcare workers and teaching assistants.

## How to buy Webinar Recording?

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