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## Welcome to Foundation Series Workshops Webinar Series!

### What are Foundation Series Workshops?

The Foundation Series Workshops were created along the premise that growing a child is like building a house, and consequently, the foundation is key. There are four critical factors which optimize child development, behavior and learning: movement, touch, human connection, and nature. Access to these four critical factors during early child development, result in a healthy child who when entering school, can settle down, pay attention and learn. Deprivation of these critical factors, adversely affects the child, impacting negatively on their development, behavior and learning. Technology overuse results in a child who is sedentary, neglected, isolated, and overstimulated, further negating development. The Foundation Series Workshop provide crucial research based information in the areas of sensory, motor, and attachment development, as well as strategies for home, school and communities to ensure children get what they need to grow and succeed.

### Why the Foundation Series Workshops?

The six Foundation Series Workshops webinars were developed by Cris Rowan, pediatric occupational therapist and biologist for educators and health professionals to enhance child development, behavior, and learning. Cris has worked in pediatrics for over 30 years in daycare/preschool, school, clinic, institutional, and home settings. Over a decade ago, Cris noticed rising rates of impairments in the physical, mental, social, and cognitive domains that research indicated could not be explained by increased detection. Questions arose regarding the impact of technology on child physical and mental health, as well as their ability to learn, fueling Cris's quest for collating research in this area, culminating in the [Zone'in Research Fact Sheet](#), her book [Virtual Child](#), her blog [Moving to Learn](#), as well as a variety of [workshops and webinars](#).

### What Do We Need to Do to Prepare?

The Foundation Series Workshop Webinars can be watched in individual or group based settings, but it is suggested they be viewed as a team for optimal retention and application of information and strategies. There are a number of handouts which should be printed off in advance of viewing the webinar series. The power point pdf is also available for download should participants want to take notes.

### How Do We Access the Webinar Series?

Upon purchase, you will be sent a Vimeo link with password where you can watch the webinar series at your leisure.

### How Do We Access the PowerPoint Pdf & Handouts?

Upon purchase, you will be sent a link where you can access the Foundation Series Workshop PowerPoint pdf and all handouts.

Call us at 1-888-8zonein or email us at [info@zonein.ca](mailto:info@zonein.ca) if you have any questions!

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