

## Child Care Centres Supervisors Network Meeting Minutes

Monday May 25, 2020 – 9:00-10:00am

1. Welcome and Introductions
2. Acceptance of Agenda
  - Reviewing the agenda and adding additional areas - accepted
3. Housekeeping – use of chat box, on mute however can unmute for conversation using hand up
4. Mindful Moments
  - Can be found at eccdc.org
  - Feel free to share with staff
5. Video Reflection:
  - What are they curious about? What would they like to investigate? How are you promoting staff to reflect?
  - Children taking the time to pause and reflect during Zoom calls – mindful moment
  - Journaling:
    - Give each staff member a journal with an article about journaling and reflecting – sometimes need to take that opportunity to reflect about what we do (can be personal or work-related)
    - Gives the opportunity to sit back and take that mindful moment
    - Using a journal of any sort is helpful for our minds to see what is really important, what can we support ourselves with?
    - Do a brain dump so the information is out of your mind and you can move forward

### Devereux – DERLS

- Website
- Included in Couch Bulletin
- This is transferrable not just with staff but also those working with families
- Can use this with staff as a whole or with single staff members
- Really need to be open and honest about where you fall on that scale
- Really supports leadership skills – reflection piece, putting it into action, follow-up
- Focuses on resiliency for educators and the children
- **Checklist**
  - Ponder, reflect, think about yourself as leader and your resiliency
  - Relationships – links back to HDLH, how to support our team. We want that buy-in, for staff to be committed to the role they have chosen in life
  - Internal beliefs
  - Initiative – communication, problem-solving
  - Self-control – coping skills, resiliency
- **Action Plan**
  - Where are you going after this reflection?
  - Simple plan with simple action steps – 1 or 2 items you can move forward with

- Breaks it down so you can focus on and create action plan
- Relates to SMART goals
- How could you use this tool to support your own reflective practices and resiliency?
  - Strengths – celebrate how you are already a resilient leader; Goals – what are those goals that you would like to take the opportunity to strengthen; Strategies – how will you do it?

## 6. Round Table Discussions

- Riding the wave – moments of optimism, fearful, etc. This circumstance tests you but the support from others is helpful – shared feeling as we all navigate together. Leading families and staff in uncharted territories and making big decisions is scary. Feelings of wanting to stop.
- Feeling of getting through this, learning new things, hanging-on, connecting with the children. Feedback from the parents has been positive. Need to embrace these times
- Worried about heading back to work – screening, cleaning, number of children allowed in a centre (ratios), snack table, number allowed in a room, spacing, etc. – we really don't know so we need to stay in the moment because we have no control in this
- Hard to prepare for return when we really don't know what the new normal will require, even procedures can't be addressed because everything is changing day-by-day from the government
- We really need to sit back, pause, do what we can. Can be connecting with families and supporting those relationships (i.e., COVID scrapbook, supporting their resiliency, etc.). Taking time to learn from this experience.
- Opportunities to be learning online – there has never been so much free learning available. Ability to do a complete restart – pausing, learning, growing, and then restarting – opportunity that few ever get to experience
  - Asking questions – are you your authentic being? How can you grow? How can I be working on CPL? Work on things that you've put off – not just work but personal as well
  - Time is our number one resource now – focus on yourself, your CPL, catching up on things, taking on new things
- How has your life changed? Some feel it hasn't slowed down at all depending on their situation (family at home, working from home, etc.)
- Staff not working – needing to take on all the different components on connecting with families, getting prepared, etc. Possible that some staff will offer to help but that really depends on what is happening on their end. Important to recognize those who have been participating on their own accord
- May lose staff – discouraging because it was already a struggle before. Important to stay in touch with your educators – maybe have a messenger of some sort to keep connected – they need that connection
- Staff not laid off – can be stressful because, from a management perspective, you need to figure out what they are doing, keep them accountable, etc.

## 7. Discussion on ideas for next Network meeting – June/September 2020

## 8. Meeting Evaluation sent electronically

