


### Infant and Toddler Network

Agenda

- Welcome and Introductions
- Self-Compassion Pause
- Reflection on Article
- Journey
- Well-Being
- Brainstorming
- Questions and Connections
- Resources Available
- Next Steps



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### Welcome and Introductions

- We invite participants to say good evening and share what they have been focusing on in their role.



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The graphic features the words "Self-Compassion" written in a cursive, handwritten font. The text is contained within a light blue oval that has several dark blue, overlapping scribbled lines around its perimeter. The background of the graphic is a light, textured grey.



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**Journey**

- What has been your biggest accomplishment on your journey?
- What are you looking forward to next?



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**Well-Being**

- How have you been supporting your own well-being?
- ECCDC Blog Post
- Review of Self-Compassion Worksheet
- Taking Care of You
- How could you use these tools to support your own reflective practices and resiliency?



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**Brainstorming**

- Round Table Discussion for Brainstorming Challenges and Ideas



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### Questions and Connections

- Participants are encouraged to ask questions and make connections.



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### Resources Available

- [www.eccdc.org](http://www.eccdc.org)
- [www.zerotothree.org](http://www.zerotothree.org)
- [www.learn.redcross.ca](http://www.learn.redcross.ca)
- Infants and Toddlers: competent and confident communicators and explorers



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### Next Steps

- What would the network like for next steps?
- Follow up to today's network meeting
- Next Network meeting date February 9, 2021 6:30 – 8:30 p.m.



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