

Infant and Toddler Network

Agenda

- Welcome and Introductions
- Mindfulness Moment
- Reflection on Video and Article
- Self Reflection on Journey
- Well-Being
- Brainstorming
- Questions and Connections
- Resources Available
- Next Steps



1

Welcome and Introductions



- We invite participants to say good evening and share the centre they work for and what they have been focusing on in their program.



2

Mindfulness Moment

- Box Breathing



3

Reflection on Video and Article

- <https://www.youtube.com/watch?v=GSR8PIGLkZY>
- Do You Know How I Feel? Empathy and the Young Child by Sandra Crosser, Ph.D.



4

Personal Reflection on Your Journey


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



5

Well-Being

- How have you been supporting your own well-being?



6

Brainstorming

- Round Table Discussion for Brainstorming Ideas and Solutions to Challenges



7

Questions and Connections


- Participants are encouraged to ask questions and make connections.



8

Resources Available

- www.eccdc.org
- ECCDC Services extending to February 9, 2021
- Curbside pick up and drop off available Tuesday, Wednesday and Thursday 3:00 -7:00 p.m., Friday and Saturday 1:00 – 4:30 p.m.
- Please contact 905-646-7311 ext. 304 upon arrival
- Personal Protective Equipment can be purchased through www.eccdc.org/shop or by email eccdc@eccdc.org or by phone 905-646-7311 ext. 304
- Feel Good February! www.eccdc.org



9

Next Steps

- What are topics you would like to explore in our 2021 network meetings?
- Follow up to today's network meeting