

Infant and Toddler Spring Network Meeting

1<sup>st</sup> of June 2022 Meeting Notes

**Agenda**-Check-in

**Welcomes and introductions** Participants introduced themselves, share the program they work in and what they have been working on since our last meeting;

- spending lots of time out outdoors in all weathers
- -using water and music outdoors

**Mindfulness Moment**-participants participated in a mindfulness grounding experience from the Devereux Centre for Resilient Children. Please see accompanying PowerPoint presentation for details. Participants shared how they are supporting their own well-being

- going for walks along the canal and taking time for self for positive energy
- taking time at the end for themselves, after their own children go to bed
- taking time at the beginning of the day leave early to go to work
- listening to the birds
- spending time in nature
- ensuring one gets enough sleep
- Gardening

An overview of using sit-stops was provided and how they could be used to support mindfulness on a personal level and within child care programs with children. Followed by a discussion regarding sit-stops.

- consider tummy time for infants in the same outdoor spot to introduce a connection to place
- using sit-spots as a transition time from indoor to outdoor spaces
- -cozy areas outside
- consider the needs of children who maybe more introverted.

**Reflection on resources-Supporting outdoor play**-Participants view the Nature Valley 3 generations video <https://www.youtube.com/watch?v=8Q2WnCbTw0> which highlights the change in children's play over 3 generations. Participants shared their thoughts on the video and outdoor play tips-sheet;

## Video

- Reflects how important outdoor play is
- Strategies used to share the importance of outdoor play?
  - o Bringing children's interests outside. Bringing sensory outside.
  - o Talking about what we see outside.
  - o Taking pictures and videos and sharing with the children and families
  - o Using technology with intentionality taking pictures and learning more about what the children are interested with the children as partners in discovery

## Outdoor play tip sheet

- bringing snack outside again now that covid procedures are opening up
- while we are enjoying snack, engaging children in conversation by asking prompting questions
- adding back materials now that we are able to share such as paint brushes
- children designing their own rock garden and watching toys rolling around

## ***Braining storming ideas, and questions and connection***

Participants shared ideas on materials for infant outdoor play ground

- recognizing that children don't need to have all the fancy equipment, offering boxes, stumps, hay, tractor tires.
- Supporting children's interested in bugs
- bringing in hay, chalk paint on a board, tractor tires with grass inside,
- Planting edible plants for another sensory experience
- gaining ideas from Pinterest and adapting to their program
- visit the ECCDC naturalized playspace webpage <https://naturalizing-play-spaces.eccdc.org/>
- The ECCDC are hopeful to be involving the community in PD sessions for 2022-2023. More information will follow. If you are interested in participating please let us know.
- Nature's Path Canada-Grant's 2023 information available on the website <https://www.naturespath.com/en-ca/gardens-for-good/>

## ***Sharing photos and documentation of Spring happenings***

- None were shared and participants were encouraged to send any photos of spring happenings for the spring network

***QCCN Update***

- Priyanka Tan is back from Maternity leave and Katie-Lynn will be moving from QCCN to the ECCDC Coaching and Mentoring team
- The next round of QCCN conversation Cafes are being developed. Please send any thoughts to Priyanka [ptan@eccdc.org](mailto:ptan@eccdc.org)
- Conversation café dates will be advertised in the new ESTEEM and on the ECCDC website in the training & professional learning tab <https://eccdc.eccdc.org/>

***ECCDC Services***-please see the PPT

***ECCDC Resources***-lending library and E-store. Please see PPT

***Next Steps***

- Notes from this meeting will be posted on ECCDC website
- For future network dates and times, please refer to ESTEEM and look out for the networks e-blast.

