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**Niagara Infant & Toddler Network
Spring 2023**

Agenda

- Welcome and Introductions
- Mindfulness & wellbeing
- Reflection on Resources
- Sharing Resources, Photos & Documentation
- Round Table conversations-Brainstorming, Questions and Connections
- QCCN update
- Resources Available
- Next Steps



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Welcome and Introductions

We invite participants to say good evening and share what you are focusing on your program.

Muddy Faces <https://muddyfaces.co.uk/outdoor-hub/mud/international-mud-day>



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Mindfulness Activity

- The Healing Hand
- In the middle of your hand, write your stressors and challenges.
- On each finger, brainstorm ways to cope with your identifies challenges



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Reflection on Resources

- Dr. Jean Clinton Explains the Pivotal Role of RECEs in Supporting Children’s Mental Health
- [Dr_Clinton_Spring_Summer_Connexions.pdf](#)
- Your Brain at Work
- <https://www.youtube.com/watch?v=J6R9E13ftvY>



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Sharing Resources Photos & Documentation

- Please feel free to share your centres of Spring happenings.



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Round Table Discussion

- Brainstorming Challenges and Ideas
- Questions & Connections



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QCCN Update

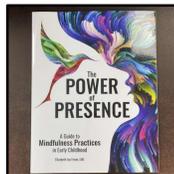
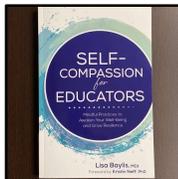
- QCCN Bulletin
- QCCN Website
- For further information, suggestions on future Conversation Café topics and support implementing QCCN Tools and Resources, please contact Priyanka Tan, Quality Child Care Niagara Coordinator, at ptan@eccdc.org or 905-646-7311 ext. 306



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ECCDC resources

Taking Care of Myself:
Resources to Support
Mindfulness for Young
Children



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Want to Know More About ECCDC Services?

- Check us out online at www.eccdc.org or in person at 3550 Schmon Parkway, Thorold.
- We are open for members to visit onsite and can also make resource deliveries directly to member centres. Please contact the ECCDC at 905.646.7311 ext. 304 to make arrangements.
- The ECCDC offers a resource lending library of pedagogical materials, specialized workroom, an on-site conference room and a boardroom available for booking.
- Want to purchase items from a distance? We offer an online [EStore](#) with resources, books, and more!
- Our organization offers early learning programs organizational supports including indoor and outdoor environmental design services, team building, board development, curriculum planning and everything in between!
- The ECCDC designs and delivers professional learning opportunities in person and via webinar on a range of topics. We can customize and deliver to small or large groups, and we always have sessions advertised for anyone to join. [Click here](#) to see what we have scheduled or register for one of our sessions. [Click here](#) to view our Esteem catalogue. [Click here](#) for a catalogue of customized offerings.



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Next Steps

What would the network like for next steps?

Next meeting –

Check out ESTEEM for the Fall meeting date, time and venue & lookout for the Fall E-blast.



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