

Licensed Child Care Supervisors Spring Network Meeting Notes

Wednesday the 25th of May 2022

Notes from the meeting

Welcome and Introductions-participants introduced themselves to the group and shared what they are working on in their programs, which included

- Focusing on succession planning
- Keeping families connected
- Supporting staff in professional development
- Opening new toddler classroom
- Support funding for sensory room
- Staff being part of the Niagara program

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

- Using the free Headspace meditation App
- Time for coffee and their own space for 30 minutes
- Taking time to exercise
- Time at the end of the day for self

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.

Reflection on resources-Supporting educator teams with outdoor play-Participants view the Nature Valley 3 generations video <https://www.youtube.com/watch?v=8Q2WnCbTWO> which highlights the change in children's play over 3 generations. Participants shared their thoughts on the video and how their programs are supporting children's experiences of outdoor play in nature, which includes

- walks to the local park, visiting areas with ponds, car wash day, snacks outside, and spending as much time as possible outside
- taking all areas of programming outside when possible for example art, circle time and so on.
- One participant shared that children are not as tired, and the children don't need as many toys when they have nature (climbing stumps, chalkboards, easels, pea gravel, sandpit)
- Spending the whole day outdoors
- Discussed how to use the video could be shared with families.

Collaborative decision-making article-participants shared their thoughts on the Canada public health collaborative decision-making article and how they could utilize the contents within their programs.

- Use when speaking to rough and tumble play, speaking with the families

- why is outdoor play where we think of is physical activity and indoors as a calm place?
- children help to make the rules. Keeping rules simple 'try not to hurt yourself, someone else or the equipment. And tidy up after yourself' from Anji Play.
- classroom mantra is Be Kind to Each Other, Be Kind to Our Planet, Be Kind to Our Classroom and Be Kind to Yourself

Round Table Discussions-Brainstorming challenges and solutions, and questions and connections

A discussion took place around supporting transitions and participants shared

- using eye spy transition board with a variety of dollar tree items with accompanying cards. Children choose a card then find the item on the eye spy board.
- using sensory table items for eye spy

A discussion also took place regarding incorporating pink shirt day within programming.

Displaying photos of children's t-shirts with inspirational quotes on a bulletin board.

Sharing photos and learning stories-None were shared

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
- 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 Resources and Services Available-please see accompanying PowerPoint presentation

Upcoming Next steps and Network Meetings

Please refer to ESTEEM and look out for e-blast for dates, time and venue.