

Licensed Child Care Preschool Fall Network Meeting Notes –  
November 8, 2023

**Welcome and Introductions** – participants shared how they are supporting their mindfulness.

**Mindfulness Moment** –Participants participated in a Mindful Mike Gratitude experience

**Reflection on Resources** –Please see the PowerPoint presentation for further information.

**Sharing Photos and Documentation**

- Centres shared they are working on sharing, focusing on the fall season and connection and caring.

**Round Table Discussions – Brainstorming challenges and solutions, questions and connections**

A discussion took place around the following

- Different perspectives and points of view
- Circle Time

**QCCN Update** – Please see the PowerPoint presentation for further information

**How can the ECCDC Support you?** Please see PowerPoint presentation for further information

**Upcoming Next Steps and Network Meetings**

- Discussion on meeting topics included: Sleep behaviour of preschoolers and what to do if they don't want to sleep, but are very tired. What options of activities when they don't sleep.
- Next meeting date: February 21, 2024 – virtual

