

We wish to acknowledge the land that ECCDC is located on, is Thorold in Niagara, and is situated on the traditional territory of the Haudenosaunee and Anishinaabe peoples, many of whom continue to live and work here today. One of the earliest names for the Region of Niagara is Onguiaahra and is on the territory which is covered by the Upper Canada Treaties and is within the land protected by the Dish With One Spoon Wampum agreement. Today this gathering place is home to many First Nations, Métis, and Inuit peoples and by acknowledging them we are sharing our respect and appreciation of the resources we have received from the land and our friendship with Indigenous peoples.

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### Niagara Preschool Winter 2023 Network

#### 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 a one word goal/focus for the year

**"A word can't be broken. It serves as a reminder, a filter. It's who you want to be instead of what you regret."  
 -My One Word: Change Your Life with Just One Word**




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Mindfulness at Work – Devereux Centre for Resilient Children



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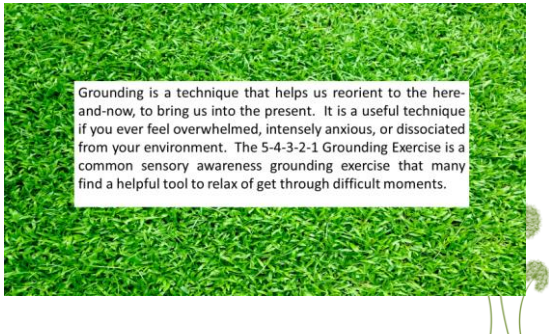
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Mindfulness at Work – Devereux Centre for Resilient Children



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5-4-3-2-1 Grounding Exercise

- **5 – LOOK:** Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.
- **4 – FEEL:** Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.
- **3 – LISTEN:** Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.
- **2- SMELL:** Say two things you can smell. It's okay to move to another spot and sniff something. If you can't smell anything at the moment then name your 2 favourite smells.
- **1 – NAME:** Name 1 good thing about yourself.

Mindfulness at Work – Devereux Centre for Resilient Children



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## Reflection on Resources

- Technology and Interactive media as Tools in Early Childhood Programs Serving Children from Birth through Age8
  - [ps\\_technology\\_NAEYC.pdf](#)

- Selected Examples of Effective Classroom Practice Involving Technology Tools and Interactive Media



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## Further Resources

- Daily screen time recommendations largely depend on the age of the child. The Canadian Paediatric Society (CPS) and the Canadian Society for Exercise Physiology (CSEP) recommend the following daily limits:
- Children under aged 2 and under: no screen time
- Children aged 2 to 4: less than one hour a day of screen time
- Children and teens aged 5 to 17: maximum of two hours a day of recreational screen time (watching television, messaging friends or playing computer games)



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## Mitigating Technology

- The recommendation is to minimize screen time and mitigate (reduce) it's impact by:
- Being present and engaged when screens are used and whenever possible, co-view with children
- Being aware of content and prioritize educational, age-appropriate and interactive programming
- Using parenting strategies that teach self-regulation, calming and limit setting
- Being mindful about your own use of screen time and model appropriate use



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### Sharing Resources Photos & Documentation

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



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### Round Table Discussion

- Brainstorming Challenges and Ideas
- Questions & Connections
- How can ECCDC support you?



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### QCCN Update

- Niagara Region Children's Services has sent out a memo to licensed child care centres for QCCN and the level of supports for 2023. If you have any questions, please reach out to Priyanka Tan or Sharon Milne.

- 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](mailto:ptan@eccdc.org) or 905-646-7311 ext. 306



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### ECCDC Upcoming Training




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### ECCDC Resources

Resources for Preschoolers



Washable Loose Parts



Hopscotch with Rings



Community Places: At the Movie Theater




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14

### ECCDC resources

Young Children Produce, Act In and Premiere their own Movies



Community Places: At the photography Studio




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### Want to Know More about ECCDC Services?

- Check us out online at [www.eccdc.org](http://www.eccdc.org) or in person at **3550 Schmon Parkway, Thorold.**
- 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?
- The ECCDC E-store is currently being updated to serve you better. Please feel free to visit <http://www.eccdc.org/E-store> for updates or contact [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or 905-646-7311 x304 to place orders directly with our Resource Staff Team.
- Our organization supports early learning programs with 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.



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### Next Steps

- What would the network like for next steps?
- **Next meetings**  
-Thursday May 10<sup>th</sup>, 2023 7:00 pm to 8:30 pm



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