

Professional learning opportunities related to optimizing child development, health and well-being, professionalism and organizational performance with links to the College of Early Childhood Educators' Standards of Practice

[www.eccdc.org](http://www.eccdc.org)

## INSIDE

**New! Unpacking Children's Play Series**

**New! Integrating Technology to Enhance Daily Practice with Children and Families Series**

**New! Reconstructing the Way We View Behaviour Through Inclusive Practices Series**

**Leadership Series - Self-Care Strategies for Leaders: How a Practice of Self-Care Can Enhance a Leader's Performance and Impact Their Team**

**No Small Matter Movie Night**



## Find the esteem sessions that are right for you!

### **Legislative Core Training**

These sessions are related to legislation that affects child care programs licensed under the *Child Care and Early Years Act, 2014*. They cover any training needs that are identified during the annual license renewal or during inspections by Ministry of Education Program Advisors, Public Health Inspectors/ Nurses, Fire Prevention Officers, and officers of the Ministries of Labour, Environment, or Consumer and Corporate Affairs. Examples include: First Aid Training, Food Handlers Certification, WHMIS, and sessions that focus on other health and safety items or amendments to current regulation. Meetings of local child care network groups also fall into this category.

### **Quality Child Care Niagara (QCCN) Core Training**

These training sessions are required for individuals who work in licensed child care centres that are recognized as a participant in QCCN. These sessions include: DPS, ECERS, Documentation, Speech/ Language Checklist, Behaviour Checklist (CARE), and Phase 2 Curriculum Planning.

### **Quality Child Care Niagara (QCCN) Related Training**

These sessions supplement and support the QCCN training modules, but are not required components. Some examples include: Speech Services Niagara workshops and certain sessions on managing difficult behaviours in children.

### **Professional Development and Leadership Training**

These training sessions are designed specifically to give you the skills and confidence you need to develop your ongoing leadership abilities, perform with excellence and build strong collaborative relationships with families, children and your fellow colleagues.

### **Streams**

- Early Childhood Educators, Full Day Early Learning Teams, Family Support Staff, Home Child Care Practitioners, Students and other Early Learning and Child Care Professionals
- Supervisors and Managers of Licensed Child Care Centres, EarlyON Centres, and other children's service agencies
- Executive Directors, Owners, Boards of Directors and Administrators of Licensed Child Care Centres, EarlyON Centres, and other children's service agencies

## Want to access ECCDC training through a grant?

### Programs can access a grant to support up to 80% of training costs for their staff teams through the Canada-Ontario Job Grant Program!

The Canada-Ontario Job Grant provides direct financial support to employers who wish to purchase training for their employees. It is available to businesses with a plan to deliver short-term training to existing and new employees. Important to know:

- Employers can get up to \$10,000 in government support per person for training costs.
- The training has to be delivered by an eligible, third-party trainer **like the ECCDC**.
- Employers with 100 or more employees need to contribute 1/2 of the training costs. Small employers with less than 100 employees need to contribute 1/6 of training costs.
- If you're an employer with a particular skills demand, the Canada-Ontario Job Grant might be right for you. Applications are accepted on an ongoing basis.



#### **Local Employment Ontario funded Employment Service providers who can assist with the Canada-Ontario Jobs Grant Program**

Please connect with Laurie Nadeau, COJG Coordinator, at [laurie.nadeau@niagara.ymca.ca](mailto:laurie.nadeau@niagara.ymca.ca) or another local employment agency below.

- Employment Help Centre <https://www.employmenthelp.org/>
- YMCA of Niagara Employment & Immigrant Services <https://ymcaofniagara.org/programs/employment-services/>
- Niagara College Community Employment Services <https://www.niagaracollege.ca/ces/>
- Niagara Employment Help Centre <https://ehc.on.ca/>
- Employment Solutions <http://www.employment-solutions.org/>
- Job Gym <http://www.jobgym.com/home/>
- Port Cares – PC Works <http://pcworksemployment.ca/>

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# optimizing early childhood experiences



## **Designing the Early Learning Environment**

Professional Learning Opportunities in this category support Standard II: Curriculum and Pedagogy, Standard III: Safety, Health and Well-Being in the Learning Environment, and Standard IV: Professionalism and Leadership

## **Developmental Program Planning, Curriculum and Pedagogy**

Professional Learning Opportunities in this category support Standard II: Curriculum and Pedagogy, Standard III: Safety, Health and Well-Being in the Learning Environment, and Standard IV: Professionalism and Leadership

# Designing the Early Learning Environment



To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Schema Play Series

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org)

Children create understanding and knowledge of their world by interacting with the environment and the 'things' within it. While they are doing this, we often observe them repeating actions over and over again and see repeated patterns in their play.

In the first half of the 20<sup>th</sup> century, Jean Piaget recognized organized patterns of behaviour in children's play and developed his schema theory around how children learn and acquire knowledge through physical and mental actions. In the 1980's Chris Athey furthered Piaget's work by identifying clusters of play patterns and developed the concept of schematic play or schema play.

If you would like to find out more about schema play and how to support schema play in your early learning and child care setting then join the ECCDC's Early Learning Trainer, Ginette Wilson, for this engaging, interactive and fun workshop. There will be opportunities to engage in thought-provoking conversations with fellow Educators and explore a variety of materials and experiences that support schema play.

This three-part series will support Educators to develop environments and experiences that facilitate cognitive development through schema play.



# Designing the Early Learning Environment

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**Session One: Action Schemas** (formerly How Schema Play Supports Children's Learning and Development) During this first session Educators will be introduced to schematic play, discover more about **Action Play Schemas** and how to develop schema rich environments and experiences that meet children's needs and interests.

**Monday February 3, 2020** • 6:00 to 9:00 pm (6:00 pm Networking and light refreshments; 6:30 pm Workshop Beginning; 9:00 pm Workshop closing) • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$45 per session includes all materials and nutrition break; Outside Niagara Educators: \$50

## Session Two: Mark Making Schemas

This second schematic play session will look at schema play through a lens of early **Mark Making**, a prerequisite for the development of literacy skills, and explore how educators can introduce schema play materials and experiences to their environment to support mark making.

**Monday March 2, 2020** • 6:00 to 9:00 pm (6:00 pm Networking and light refreshments; 6:30 pm Workshop Beginning; 9:00 pm Workshop closing) • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$45 per session includes all materials and nutrition break; Outside Niagara Educators: \$50

## Session Three: Emotional Schemas

The third and final session in this series will focus on **Emotional Schemas**. Educators will have an opportunity to dive deeply into the concept of emotional schemas in an early learning and child care setting. This will include identifying and recognizing emotional play schemas, and how educators can support young children with the development of self-regulation through emotional play schemas.

**Monday April 27, 2020** • 6:00 to 9:00 pm (6:00 pm Networking and light refreshments; 6:30 pm Workshop Beginning; 9:00 pm Workshop closing) • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$45 per session includes all materials and nutrition break; Outside Niagara Educators: \$50

Professional Development and Leadership Training



# Designing the Early Learning Environment



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With Jane Hayes



## Fostering Lifetime Gardeners and Naturalists Workshop Series

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org)

How can we foster children to become lifetime gardeners and naturalists? We know we want to help children connect to nature, and gardening with kids would be great, but let's get real with where we are and what we can do to achieve these lofty goals!

**Join us for this exciting workshop series to explore:**

- How to further integrate and leverage any gardening that you already do and/or have learned about;
- Working through blocks or issues\* that limit food gardening and or nature-based programming that you'd like to do - or do better - where you work or in your career (\*institutional, professional or even personal).
- Hands-on activities that work for getting started or for growing a stronger food garden program
- Design elements and activities that work in small spaces
- Planning and scaffolding - from today's practices to the big goals

### Garden Soils, Critters and Ecology

- Insects, Bees, Birds, Bats - roles they play in the garden
- Learn about the soil food web and how to help children connect to it
- Working with worms and other garden life (getting past the ick factor at any age!)
- Activities and activity stations for toddlers and pre-schoolers
- Compost tea, seed balls, worm composting, and more

**Thursday April 16, 2020 • 6:00 to 8:30pm • Heartland Forest, 8215 Heartland Forest Road, Niagara Falls • Niagara Educators: \$45 each includes all workshop materials; Outside Niagara Educators: \$50**





# Designing the Early Learning Environment

To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Garden Planning, Programming and Play

Join us in a hands-on design workshop, where you can learn about and plan for including young children in food garden design and growing food

- Clarify your goals and vision
- Explore how to engage children and adults in a long-term sustainable garden program
- Start designing or enhancing garden play / work stations and elements or activity plans
- Talk through social, resource and site challenges
- Discuss designing for ease of use by staff, child safety, aesthetics, high play value, garden productivity, ecosystem health, variety and diversity, and other goals
- Discuss costs and recommended supplies

**Thursday May 14, 2020** • 6:00 to 8:30pm • Heartland Forest, 8215 Heartland Forest Road, Niagara Falls • Niagara Educators: \$45 each includes all workshop materials; Outside Niagara Educators: \$50

Professional Development and Leadership Training



# Designing the Early Learning Environment



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## Workplace Wellness Series: Exploring Physical Literacy Through a Mindful Lens

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org)

Exploring Physical Literacy Through a Mindful Lens breaks down the fundamental movement skills through yoga and mindfulness-based activities that strengthen a child's sense of body confidence, spatial awareness and self-regulatory skills. This workshop is intended for early childhood professionals who work with children ages toddler to kindergarten, and incorporates songs, stories, and activities that put the FUN in fundamental movement!

**Tuesday September 29, 2020 • 6:30 to 8:30 pm •**  
ECCDC Conference Room, 3550 Schmon Parkway, Thorold • Niagara Educators: \$45 per session includes all materials and nutrition break; Outside Niagara Educators: \$50

Professional Development and Leadership Training



# Developmental Program Planning, Curriculum and Pedagogy

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## Integrating Technology to Enhance Daily Practice with Children and Families Series

New  
Series!

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org)

In the age of technology, it is helpful to take time to consider how we can integrate technology into our daily practice to enhance the experiences of the children and families we work with. Technology can sometimes be intimidating when you don't have a knowledge base. This series will be building upon those technical basics to enhance our understanding of building and coding with technology as well as how we can use that knowledge to support and increase family engagement.

### Session 1 - Where to Begin: The Technical Basics

Where will we begin? For this session we will be reflecting on how technology has been used within our programs and what are the basics we need to know. Are there other pieces of the puzzle we need to consider such as policy, best practices, benefits of technology and the right kind of screen time? Participants will have an opportunity to explore these pieces as well as different types of technology that you could implement within your program. The technology will be supportive of learning for children, families, and educators which we will look at in the next sessions in the series.



**Tuesday March 10, 2020 • 6:30 to 9:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$45 per session includes all materials and nutrition break; Outside Niagara Educators: \$50**



# Developmental Program Planning, Curriculum and Pedagogy



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## Session 2 - Building and Coding with Technology

Children have been exposed to technology from a very young age and many have become very computer savvy so what's next? This session will explore building on the skills children already have and diving into the idea of building with technology to create what before was only in their imaginations. We will investigate how coding utilizes a creative process in which computers are "told" how to execute different actions. Participants will have an opportunity to explore how this is done.

**Tuesday April 14, 2020** • 6:30 to 9:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$45 per session includes all materials and nutrition break; Outside Niagara Educators: \$50

## Session 3 - Technology Strategies to Support Family Engagement

We have a picture of the basics and how we can enhance children's opportunities with technology so the next step is to put into practice what we have learned with the families we support. We will investigate strategies to move away from paper copies to digital media and pathways to authentically engage our families within our programs. We will also explore different programs, resources and tools in a hands-on interactive setting.



**Tuesday May 5, 2020** • 6:30 to 9:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$45 per session includes all materials and nutrition break; Outside Niagara Educators: \$50

Professional Development and Leadership Training



# Developmental Program Planning, Curriculum and Pedagogy

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## Unpacking Children's Play Series

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org)

New  
Series!

Ever wonder why children play the way they do? In children's play they have opportunities to explore, engage and experiment with their ideas and beliefs of the world around them. Many of our programs have shifted to play based learning offerings to the children we work with to expand their learning. This series takes a closer look at the learning taking place in Block and Construction Play, Imaginative and Dramatic Play and Rough and Tumble Play. Each of the sessions in the series build upon each other through research and reflective practice and will offer ideas for you to explore within your centre.

### Session 1 - Block and Construction Play

In our classrooms we ensure that children have a large, open area filled with different blocks, small world items and props that link to children's interests, experiences and developmental skill sets. In having these materials available children are growing their problem solving, mathematic, continuity and permanence skills.

**Thursday April 9, 2020 • 6:30 to 9:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$45 per session includes all materials and nutrition break; Outside Niagara Educators: \$50**



# Developmental Program Planning, Curriculum and Pedagogy



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## Session 2 – Imaginative and Dramatic Play

Have you ever watched a child pick up an object and pretend it is a zooming car or put on a cape and become someone else? In imaginative and dramatic play children are using objects to represent something else while giving it an action or motion. The process of pretending builds many skills such as language, emotional intelligence, and thinking.

**Thursday May 7, 2020** • 6:30 to 9:00 pm •  
ECCDC Conference Room, 3550 Schmon Parkway,  
Thorold • Niagara Educators: \$45 per session  
includes all materials and nutrition break; Outside  
Niagara Educators: \$50



## Session 3 – Rough and Tumble Play

We can either try to stop children engaging in rough and tumble play or we can stop and unpack what it is and why they are doing it. In rough and tumble play children are smiling and laughing because this kind of play for them is fun! Rough and tumble play is a basic human instinct that helps to develop such skills as strength, movement, body awareness, and socializing.

**Thursday June 11, 2020** • 6:30 to 9:00 pm •  
ECCDC Conference Room, 3550 Schmon Parkway,  
Thorold • Niagara Educators: \$45 per session  
includes all materials and nutrition break; Outside  
Niagara Educators: \$50



Professional Development and Leadership Training



# Developmental Program Planning, Curriculum and Pedagogy

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## Reconstructing the Way We View Behaviour Through Inclusive Practices Series

New  
Series!

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org)

A new three-part series offering opportunities for educators to explore the concept of utilizing inclusive practices to support children through the ever-changing pathway of behaviour. Educators are strongly encouraged to attend all three sessions as the series has been created to build upon each session.

### Session 1 - Laying the Foundation to Start the Journey

During the first session educators will have an opportunity to revisit their daily practices and consider the impact that this has on both educators and children's behaviour. Educators will reflect on the use of language, equitability, power relationships, and best practices. The session will also offer an opportunity to explore ways in which both educators' and children's resiliency skills can be enhanced to support change that behaviour can bring to the classroom.

**Wednesday April 15, 2020** • 6:30 to 9:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$45 per session includes all materials and nutrition break; Outside Niagara Educators: \$50

### Session 2 - Reflecting on Inclusive Practices

In the second session educators will consider how utilizing an inclusive approach supports children's behaviour. They will have opportunities to explore inclusive practices and the ways in which the environment, curriculum and pedagogy can either support or hinder their journey.

**Wednesday May 13, 2020** • 6:30 to 9:00 pm • ECCDC Conference Room, 3550 Schmon Parkway, Thorold • Niagara Educators: \$45 per session includes all materials and nutrition break; Outside Niagara Educators: \$50

### Session 3 - Constructing a New pathway

Completing the journey with the final session, educators will dive deeply into inclusive early learning strategies which they can consider for implementation into both their daily practice and early learning environments. The strategies will offer educators an opportunity to explore their next steps.

**Wednesday June 10, 2020** • 6:30 to 9:00 pm • ECCDC Conference Room, 3550 Schmon Parkway, Thorold • Niagara Educators: \$45 per session includes all materials and nutrition break; Outside Niagara Educators: \$50

Professional Development and Leadership Training



# Developmental Program Planning, Curriculum and Pedagogy



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## How To Get Second Language Learners Talking - Back by Popular Demand

Join Katherine Grainger, Speech Language Pathologist, French Emergent Literacy Consultant with Niagara Children's Centre for this session. Oral language skills are one of the building blocks of emergent literacy. A preschooler's ability to talk about something that has happened, describe what they see and maintain a conversation is a big part of what helps them be able to read and write in the future. But what happens when the child is being exposed to English or French for the first time in the daycare setting? How can we help these children with these skills when we may not even speak their home language? This workshop will quickly take you through what to expect of second language learners and then will be a hands-on look at how we can use current provocations and incorporate new ones to encourage these learners to increase their vocabularies and develop their oral language skills. Led by a Speech-Language Pathologist and Francophone Emergent Literacy Consultant, content will be aimed at those working in either an English or French child care setting.

**Thursday April 30, 2020 • 6:30 to 8:30 pm • ECCDC Conference Room, 3550 Schmon Parkway, Thorold**  
• No cost, this session has been sponsored by Niagara Children's Centre

■ Early Childhood Educators, Full Day Early Learning Teams, Family Support Staff, Home Child Care Practitioners, Students and other Early Learning and Child Care Professionals

■ Supervisors and Managers of Licensed Child Care Centres, EarlyON Centres, and other children's service agencies

QCCN Related Training





# Developmental Program Planning, Curriculum and Pedagogy

To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Workplace Wellness Series Self-Intelligence – Supporting Children’s Self Esteem Building in the Early Years

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org)

In the early years, what matters most to the development of a child’s sense of self is whether or not the adults in their life embody a sense of their own selves. Lucky for us, Self-Intelligence has the capacity to develop over an entire lifespan, and we can support the development of our children’s self-esteem, self-confidence, and self-regulation skills as we nurture our own. Throughout the workshop, participants will explore three facets of mental wellness (emotional awareness, growth mindset and physical literacy) through mindfulness practices that can be adapted in engaging and meaningful ways for children in their early years.

**Tuesday October 27, 2020** • 6:30 to 8:30 pm • ECCDC Conference Room, 3550 Schmon Parkway, Thorold • Niagara Educators: \$45 per session includes all materials and nutrition break; Outside Niagara Educators: \$50



# health, safety and well-being



Professional Learning Opportunities in this category support Standard 1: Caring and Responsive Relationships, Standard III: Safety, Health and Well-Being in the Learning Environment, Standard IV: Professionalism and Leadership, and Standard VI: Confidentiality, Release of Information and Duty to Report

# health, safety and well-being

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With Patrice Palmer

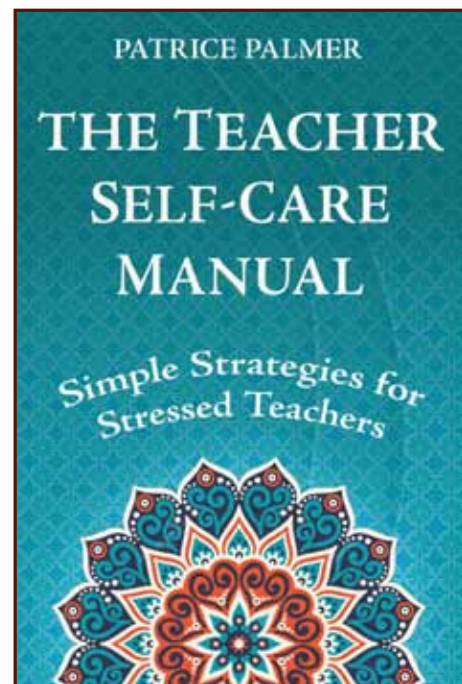


## Simple Strategies for Stressed Educators

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org)

Join Patrice Palmer, teacher, trainer and writer for this workshop based on her book: *The Teacher Self Care Manual*. Participants will have an opportunity to learn strategies to reduce stress by having a conversation about the mindsets and habits developed throughout our working life that contribute to stress and in extreme cases burnout. Patrice will share her insights and tools that you need to keep your stress in check without sacrificing yourself. You will also receive a copy of her book.

**Tuesday March 24, 2020** • 6:30 to 8:30 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold •  
Niagara Educators: \$45 per session includes a copy of *The Teacher Self Care Manual*; Outside Niagara Educators: \$50



# health, safety and well-being



To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Workplace Wellness Series for Administrators and Educators

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org)

With Elizabeth Skronski



### Finding Your Happy: An Introduction to the 16 Guidelines to Transform Your Life and Relationships

Many of us search all our life for our Holy Grail to happiness and well-being, yet the answer often lies within us. Drawing on proven techniques from modern psychology, ethics, cognitive behavioural approaches, and centuries-old Eastern philosophy, 16 Guidelines is a holistic approach to increase our emotional resilience, confidence, and overall well-being.

This workshop is a taster to a two-day workshop that looks at the neuroscience behind happiness and introduces "The 16 Guidelines" which provide practical tools for a more meaningful, fulfilled life. The idea behind the 16 guidelines is simple: to change the way we experience the world, we transform the way we think, act, and relate to others to find meaning. This workshop will teach techniques, including mindfulness, that can be shared with others, to improve personal relationships at home, reduce stress in the workplace, and overall increase your sense of happiness and well-being.

**Please note** the Executive Directors Network Meeting will take place immediately following the Administrator session. Please register separately for the ED Network meeting.

**Tuesday April 7, 2020 • Time for Administrators:** 9:30 am to 12:00 pm; **Time for Educators:** 6:30 to 9:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$55 for either session includes all session materials and nutrition break; outside Niagara Educators: \$60

Professional Development and Leadership Training



# health, safety and well-being

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## Mindful Goal Setting

Have you ever set goals and found that you were not as committed to them as you thought? Or perhaps these goals were really set by someone else for you? Of course you have!

When we set goals that are harmonious with who we are and what we truly value, our ability to meet these goals enhance our self-esteem and our well being in general. Mindfulness allows us to be more self-aware of what is truly important to us and understand what might be in our way of achieving these goals. In this workshop, participants will go beyond the the "normal" goal setting process and will explore concepts of the intention pyramid, strategic intentions, and time mapping and will leave with a plan to make their goals not only achievable but inspiring.

**Please note** the Executive Directors Network Meeting will take place immediately following the Administrator session. Please register separately for the ED Network meeting.

**Thursday June 4, 2020 • Time for Administrators:** 9:30 am to 12:00 pm; **Time for Educators:** 6:30 to 9:00 pm • ECCDC Conference Room, 3550 Schmon Parkway, Thorold • Niagara Educators: \$55 for either session includes all session materials and nutrition break; outside Niagara Educators: \$60 Professional Development and Leadership Training



# professionalism & relationships



Professional Learning Opportunities in this category support Standard I: Caring and Responsive Relationships, Standard II: Curriculum and Pedagogy, Standard III: Safety, Health and Well-Being in the Learning Environment, Standard IV: Professionalism and Leadership, Standard V: Professional Boundaries, Dual Relationships and Conflicts of Interest and Standard VI: Confidentiality, Release of Information and Duty to Report



# professionalism & relationships

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## What is Autism Spectrum Disorder (ASD) and How Can I Best Support Children in a Child Care Setting?

Join Kim McAlpine Service Navigator with Autism Ontario for this new presentation. In this workshop you will gain knowledge about Autism Spectrum Disorder (ASD), strategies that can be easily implemented in a child care setting to help promote children's success, the new Ontario Autism Program (OAP), and resources that you will be able to share with families. You'll also have an opportunity to meet the local Service Navigator and Program Coordinator from Autism Ontario for the Niagara Region, Allyesa Stewart.

**Tuesday March 31, 2020 • 6:30 pm to 8:30 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • No charge, this Presentation has been sponsored by Autism Ontario Professional Development and Leadership Training**



# professionalism & relationships



To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Inspiring Early Childhood Leadership Institute: Strategies to Ignite Passion and Transform Program Quality

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org).

With Susan MacDonald

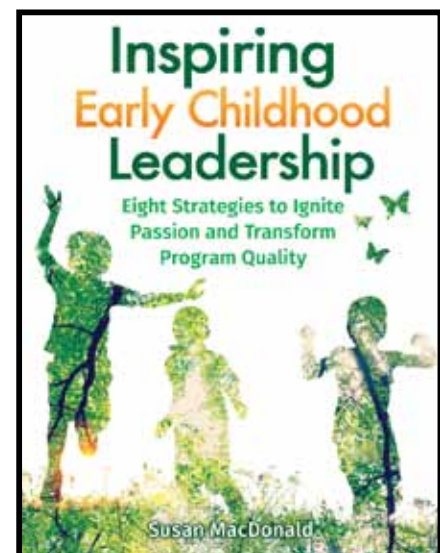


### Friday Evening Reception and Dinner

#### The Upward Spiral: Key Strategies to Ignite Passion and Transform Program Quality

Positive strength-based energy is the key to transforming the quality of educational programs. Discover the benefits of creating a vibrant, engaging, and strength-based learning environment in which all children and adults thrive. We will examine how focused, intentional, inspirational leadership can mitigate the stress of new initiatives and standards and provide new perspectives and possibilities. Through active engagement in reflective learning activities, you will gain new tools to provide effective staff supervision, observation, feedback and develop strategies for overcoming setbacks. You will also have the opportunity to build a resource kit to guide you on the rewarding path of inspirational leadership.

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# professionalism & relationships

To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Saturday Full-day Workshop Inspiring Early Childhood Leadership: Strategies to Ignite Passion and Possibility

This full day workshop lays out strategies designed to support program leaders in finding new ways to reduce the levels of stress on themselves and their staff, and move into a unified, engaging system for leading with passion, intention, and purpose. Through interactive experiences, you will explore well-researched, inspirational and motivational leadership techniques, with a focus on strength-based communication, program transformation, positivity and systemic change. Participants will work together focusing on these vital questions:

### How can leaders:

- motivate and inspire teachers?
- bring renewed energy, joy, engagement and intentionality into our learning communities?
- embrace and facilitate change?
- create healthy, dynamic workplace relationships in our respective contexts?
- reconnect to our own passion with a renewed sense of purpose in our work?

The fundamental goal of this workshop is to inspire and guide leaders to move past their current challenges toward a vision of new possibilities, leave refreshed, recharged, and ready to facilitate positive change in their daily work and learning communities.

Professional Development and Leadership Training

### Reception and Dinner Friday May 1, 2020

6:30 registration; 7:00 to 9:00pm  
dinner and keynote

### Full-Day Workshop Saturday May 2, 2020

9:00 am to 3:00 pm

Ramada Beacon Harbourside  
Hotel\*, 2793 Beacon  
Boulevard, Jordan

\*Accommodations may be made  
by calling the hotel directly at  
905.562.4155 (quote "ECCDC" as  
the group code)

Niagara educators: \$180 includes  
dinner and keynote on Friday  
and full day workshop including  
breakfast and lunch on Saturday,  
along with a copy of Susan  
MacDonald's book. Outside  
Niagara educators: \$190



# professionalism & relationships

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## No Small Matter Movie Night

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org).

No Small Matter is the first feature documentary to explore the most overlooked, underestimated, and powerful force for change today: early childhood education. Through poignant stories and surprising humour, the film lays out the overwhelming evidence for the importance of the first five years and reveals how our failure to act on that evidence has resulted in an everyday crisis for families.

No Small Matter is unique in the way it dives deep into the complicated science, history, and sociology that has brought our early care and education system to where it is today but does so without sacrificing entertainment or emotional impact. From a comic cameo by Cookie Monster to the tearful testimonial of an amazing preschool teacher making poverty-level wages, the film has the power to move audiences in ways that a policy fact sheet simply can't do.

This feature event will include popcorn and a candy bar, a viewing of the movie, and discussion period as well as a special gift for each participant!

**Tuesday June 2, 2020** • 6:30 to 8:30 pm (6:30pm Movie Beginning; 8:00 Movie Ending and discussion period) • ECCDC Conference Room, 3550 Schmon Parkway, Thorold • Niagara Educators: \$35 includes viewing of movie, all materials, nutrition break and a special gift; outside Niagara Educators: \$40 Professional Development and Leadership Training

## NO SMALL MATTER



# professionalism & relationships

To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

With Elizabeth Skronski



## Leadership Series

### Self-Care Strategies for Leaders: How a Practice of Self-Care Can Enhance a Leader's Performance and Impact Their Team

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org).

It is well known that leaders face constant demands every day; from budget issues to human resource issues, the list never ends. These demands create a huge amount of stress. In order for their teams to be successful, leaders must develop and integrate strategies of self-care. Leaders must lead by example. In this workshop, we will focus on the whole concept of self-care and leadership: how a practice of self-care can enhance a leader's performance and impact on their team. We will explore: The dangers of stress and the importance of self-care for leaders Traits of leaders with a self-care practice Introduction



to mindfulness The importance of focusing versus multi-tasking Mindful leadership and its connection to well being of individuals and performance of teams Uncovering values and beliefs vs demands and commitments Blending work and personal life Strategies for self-care Through discussion and experiential activities, the participants will explore ways to integrate more self-care practices in their daily routine and will leave with a personalized plan

**Thursday October 1, 2020 • 9:00 am to 12:00 pm • ECCDC Conference Room, 3550 Schmon Parkway, Thorold • Niagara Educators: \$55 for either session includes all session materials and nutrition break; outside Niagara Educators: \$60**

**Note:** The Executive Director's Network will follow at 12:30 pm

Professional Development and Leadership Training



# organizational performance



Professional Learning Opportunities in this category support Standard I: Caring and Responsive Relationships, Standard III: Safety, Health and Well-Being in the Learning Environment, Standard IV: Professionalism and Leadership, Standard V: Professional Boundaries, Dual Relationships and Conflicts of Interest, and Standard VI: Confidentiality, Release of Information and Duty to Report



# organizational performance

To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Kids Have Stress Too!®

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org)

An interactive training workshop from The Psychology Foundation of Canada for professionals who work with families and children in early learning and care environments.

### Did you know?

- stress can affect children's physical, emotional, social and intellectual well-being
- children experience everyday stress in a different way than adults
- extreme stress can have a negative effect on brain development in very young children.

The Kids Have Stress Too! (KHST!®) program is based on evidence that with help, young children can learn practical strategies to relieve stress, and effective ways to respond to stressful situations. By learning to cope with life's ups and downs, children develop healthy strategies that help them to adapt, self-regulate, be resourceful, feel competent and become more resilient.

### By participating in an interactive KHST!® workshop, participants will:

- learn how to recognize stress in children
- identify the key role relationships with parents and caregivers play in helping children learn to manage stress
- practice age-appropriate stress-management techniques that help teach children to relax and become more resilient
- learn effective ways to promote positive emotional development and self-regulation in young children.

### As well as the workshop, participants also receive:

- a 100 page, full-colour manual, containing background research, implementation tips and strategies
- access to follow-up support and training tools
- a workshop certificate
- attractive, practical, evidence-based material to share with parents

**Saturday March 28, 2020** • 9:30am to 4:00pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$174 per person which includes breakfast, lunch and Kids Have Stress Too! Manual; Outside Niagara Educators: \$179

Professional Development and Leadership Training



# organizational performance

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## Trauma-Informed Care – Building a Culture of Strength

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org).

Trauma is prevalent in our world and has an impact on many of the people we interact with, including our clients and colleagues. Compassionate and trauma-informed care is essential to providing effective support and building sustainable services. This workshop explores how to build a trauma-informed culture in a workplace setting that integrates knowledge throughout the organization. Participants will develop an understanding of the pervasive impact of trauma on individual health and relationships. Guiding principles will be explored for increasing emotional and physical safety, culturally sensitive empowerment, and creating greater resilience for all parts of an organization. Becoming trauma-informed creates a sustainable foundation in any work setting to promote strength, engagement, and recovery. Topics include:



### Respectful Awareness

- Definitions of Trauma for Individual, Relationship, and Public Health
- Prevalence of Trauma, from Single Incident to Complex
- Understanding the Impact of Trauma Across the Lifespan
- Contexts of Impact – Cultural, Intergenerational, and Societal Factors

### Collaborative Health

- Principles of Trauma-Informed Care
- Core Competencies – Putting Principles into Action
- Choice, Trust, and Connection
- Recognizing Innate Strengths and Resilience

### Building a Trauma-Informed Culture

- The Continuum of Trauma-Informed Care and Practices
- A Systemic View of Healing Trauma
- Building Trauma-Informed Principles into Policy and Processes
- Attending to Staff Safety and Secondary Trauma

**Saturday April 18, 2020** • 8:30am to 4:00 pm (8:30am Registration and Breakfast, 9:00am Workshop Opening, 12:00pm Lunch and Networking, 4:00pm Workshop Closing) • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara educators: \$80 includes continental breakfast and lunch, outside Niagara educators: \$85

Professional Development and Leadership Training



# organizational performance

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## Better Business Practices Series

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org).

### Respect in the Workplace

Employers including child care organizations are required under the Occupational Health and Safety Act to review their workplace violence and harassment programs with employees annually. Traditional methods of reviewing the policies and programs are often ineffective when it comes to delivering the right message when dealing with bullying, harassment or inappropriate behaviours that are just under the radar.

Your employees need to know more than just the legal definitions of bullying and harassment, they need to understand how it is their joint responsibility to eliminate these behaviours from your workplace.

**This interactive and informative session will use quizzes and case studies to help participants learn:**

- How to create a stronger corporate culture and change the power dynamics of your team
- Empower your team with the skills to prevent bullying and harassment within your workplace
- Create a meaningful policy that ensures that staff know what to do if they are being harassed
- Develop a corporate culture that encourages bystanders to act when they observe bullying and/or harassing behaviours
- And other preventative measures

**Thursday April 16, 2020 • 9:30 am to 1:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$75 includes continental breakfast and a light networking lunch; Outside Niagara Educators \$80 (Please note the cost of this seminar is far less than the average legal consultation fee)**

Please note the Executive Directors Network Meeting will follow this session.

Professional Development and Leadership Training



# organizational performance



To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Better Business Practices Series

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org).

### Human Resources Updates

We are happy to announce that we are offering another Human Resources Update seminar.

This informal seminar will provide Organizations with an opportunity to assess the potential impact that current and changing legislation may have on your Organization. As always, we encourage Organizations to be proactive by thinking about the potential ramifications of changing legislation and employment practices so that you are keeping up not catching up!

You will have plenty of opportunity to ask questions as Asha Rampersad from Bernardi HR Law will be joining us.



#### Our interactive seminar will include:

- Employment Contract Updates
- Harassment Complaints
- Probationary Periods
- Cyber Security – Cyber Liability
- Ontario Not-For Profit Act (ONCA)
- Review which policies will need to be updated so that your Organization can remain compliant with current legislation

**Thursday September 24, 2020 • 9:30 am to 1:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$75 includes continental breakfast and a light networking lunch; Outside Niagara Educators \$80 (Please note the cost of this seminar is far less than the average legal consultation fee)**

Professional Development and Leadership Training





# early learning & child care community networking



# early learning & child care community networking



## Infant/Toddler, Preschool and School Age Specific Networks

We would like to invite educators who work directly with Infants/Toddlers, Preschoolers or School Aged to join our newly formed, age group specific network meetings. Based on feedback from the early learning community ECCDC has started offering age specific networking groups. Within these networking groups educators will have the opportunity to meet and discuss the latest research, challenges, successes, experiences, ideas for growth and explore innovative ideas to share with their centres and the children they work with.

### Preschool Network

Tour of Port Dalhousie Nursery School and how they work collaboratively with families as a cooperative nursery school. Participants are asked to bring with them pieces of current documentation to share with the network. Reflective article will be sent out to participants for discussion at network meeting. Roundtable discussion to brainstorm ideas and solutions.

**Tuesday February 18, 2020 • 7:00 to 9:00 p.m. • Port Dalhousie Nursery School located in Parnall Public School, 507 Geneva Street, St. Catharines • No charge (registration is required to attend)**

### School Age Network

Tour of School Age Hub and Kinder Rooms. Participants are asked to bring with them pieces of current documentation to share with the network. Reflective article will be sent out to participants for discussion at network meeting. Round table discussion to brainstorm ideas and solutions.

**Wednesday February 19, 2020 • 7:00 to 9:00 p.m. • Boys and Girls Club of Niagara, 8800 McLeod Road, Niagara Falls • No charge (registration is required to attend)**

### Infant/Toddler Network

Tour of newly renovated centre including the infant and toddler rooms. Participants are asked to bring with them pieces of current documentation to share with the network. Reflective article will be sent out to participants for discussion at network meeting. Roundtable discussion to brainstorm ideas and solutions.

**Thursday February 20, 2020 • 7:00 to 9:00 p.m. • St. Catharines Regional Child Care Centre, 179 Carlton Street, St. Catharines • No charge (registration is required to attend)**

# early learning & child care community networking



## Early Learning and Child Care Supervisors Network

There will be a tour of the centre and outdoor naturalized playground followed by Updates from the Ministry of Education, Niagara Region, and Niagara Region Public Health. Round table discussions to share successes, brainstorm solutions to challenges and, reflect on training need of Educators and Supervisors.

**Wednesday April 8, 2020** • 6:00 to 8:00 p.m. • Top of The Ridge Day Care, 536 Prospect Point Road, Ridgeway • No charge (registration is required)

## Cooks Network

Hands-on culinary experience at the President's Choice Cooking School. Participants will have an opportunity to prepare, cook and taste three main course dishes, guided by a Chef, that they can replicate within their centre for the children and educators they work with. The three dishes are in alignment with Canada's Food Guide and Child Care and Early Years Act, 2014 legislation as well as being sourced with local ingredients.

**Friday April 17, 2020** • 2:30 to 5:30 p.m. • Superstore – 411 Louth Street, St. Catharines • \$51 per person (**Note:** maximum 20 spaces)

## Executive Directors Network

Executive Directors are invited to attend this network to connect about issues and opportunities to share strategies, suggestions and best practices with their colleagues.

**Wednesday February 19, 2020** from 12:00 to 2:00 pm

**Tuesday April 7, 2020** following the Finding Your Happy session

**Thursday June 4, 2020** following Mindful Goal Setting

**Thursday October 1, 2020** following Self-Care Strategies for Leaders: How a Practice of Self-Care Can Enhance a Leader's Performance and Impact Their Team

**Thursday January 28, 2021** following Strengthening Your Leadership Skills Through Building Balanced Empathy



The ECCDC wishes to recognize Niagara Region Children's Services for its ongoing partnership, support and investment in the ECCDC's mission within Niagara's early learning and child care community.



## How would you like to receive Esteem?

If you would like to receive Esteem by email only, please email [eccdc@eccdc.org](mailto:eccdc@eccdc.org) and let us know. If you would prefer to continue receiving Esteem by mail and email, no action is required.

For details about any of these unique training sessions, contact:

**Early Childhood Community Development Centre**

3340 Schmon Parkway, Thorold, ON L2V 4Y6 | 905.646.7311 ext. 304 | [eccdc@eccdc.org](mailto:eccdc@eccdc.org) | [www.eccdc.org](http://www.eccdc.org)



And remember, any of the sessions you read about in esteem can be customized to meet the individualized needs of your program or organization.

Esteem is designed by the Early Childhood Community Development Centre