



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 33

Explore your personal professional learning goals through a variety of webinars, resources, websites, and other virtual learning opportunities that support your ongoing journey and well-being.

Online Webinars and Training for Educators and Administrators

- No Small Matter Movie Night - **Tuesday February 2, 2021** from **6:30 to 8:30pm**: [click here](#)
- Natural and Found Loose Parts for all Ages - **Wednesday February 3, 2021** from **6:30 to 8:00pm**: [click here](#)
- The Child Assessment Evolution: Controversy and Practice Explored - **Wednesday February 10, 2021** from **2:00 to 3:30pm**: [click here](#)
- Unpacking Children’s Play Series – Session 2 Imaginative and Dramatic Play - **Wednesday February 10, 2021** from **6:30 to 8:00pm**: [click here](#)
- Workplace Wellness Series for Administrators - Finding Your Happy - **Thursday February 11, 2021** from **9:30am to 12:00pm**: [click here](#)
- Workplace Wellness Series for Educators - Finding Your Happy - **Thursday February 11, 2021** from **6:30 to 9:00 pm**: [click here](#)
- Reconstructing the Way We View Behaviour Through Inclusive Practices Series – **Tuesday February 16, 2021** from **6:30 to 8:00pm**: [click here](#)
- Children’s Lively Minds: Life-Changing Professional Development for Early Educators, by Nadia Jaboneta and Deb Curtis - **February 17, 2021** from **2:00 to 3:30pm**: [click here](#)
- Reconstructing the Way We View Behaviour Through Inclusive Practices Series – Session 1 Laying the Foundation to Start the Journey - **Thursday February 18, 2021** from **6:30 to 8:00pm**: [click here](#)
- Reflecting Upon Your Work in the Early Years and Keeping Your Passion Lit in Uncertain Times - **Wednesday February 24, 2021** from **9:00 to 11:00am**: [click here](#)
- Using Routines to Help Children Adjust After COVID Closures and Other Disruptions - **Wednesday February 24, 2021** from **2:00 to 3:30pm**: [click here](#)
- Integrating Technology to Enhance Daily Practice with Children and Families Series – Session 2 Building and Coding with Technology - **Thursday February 25, 2021** from **6:30 to 8:00pm**: [click here](#)



Resources for Information on Covid-19

- Put to the test by COVID-19, married doctors find gratitude for a year that taught them how to live: [click here](#)
- Enhancing Public Health and Workplace Safety Measures in the Provincewide Shutdown: [click here](#)
- Coronavirus disease (COVID-19) Updates for Canada: [click here](#)
- Provincial and territorial resources for COVID-19: [click here](#)
- Public Health Ontario: [click here](#)
- Latest COVID-19 Updates for Ontario: [click here](#)
- Niagara Region COVID-19 Statistics: [click here](#)
- College of Early Childhood Educators COVID-19 Updates: [click here](#)
- Ontario Providing Additional Financial Support for Young Learners: [click here](#)
- Roots of Empathy – Covid-19 Resources: [click here](#)
- Connect Families to COVID-19 Benefits and Relief: [click here](#)

Health and Wellness

- Compassion in Therapy Summit - **January 30 - February 3, 2021** - Learn How To Successfully Integrate Compassion and Mindfulness Into Your Therapy Practice: [click here](#)
- Daily, Live Self-Compassion Meditation Sessions: [click here](#)
- Canada's Food Guide - Make healthy meals with Canada's food guide plate: [click here](#)
- How to Keep Your Cool in High-Stress Situations: [click here](#)
- Food as Medicine: [click here](#)
- Sleep Calculator: [click here](#)
- How To Reset Your Nervous System: [click here](#)
- What's the Key to Raising Confident Kids? Here's What the Majority of Parents Say: [click here](#)
- The Self-Care Non-Challenge #75EASE Challenge: [click here](#)

Online Podcasts and Videos & Early Learning Websites

- Helping to Build Up Families, Overcome Barriers and Feel Connected Through Challenging Times: [click here](#)
- Branching Out Resource Updates to Support the Growth and Goals of Educators: [click here](#)
- How to do Montessori in the time of corona? [click here](#)
- 10 Minute Teacher Podcast: [click here](#)
- STEAM Powered Family: [click here](#)
- SEL and Arts Integration: [click here](#)
- Devereux Centre for Resilient Children - Tuesday Tip | Use Your Strengths in a Different Way: [click here](#)
- Dr. Sanjay Gupta on Brain Health (released January 27, 2021): [click here](#)



Diversity and Inclusion Resources

- 11 books to read with your kids for Black History Month: [click here](#)
- How did Black History Month come to be? [click here](#)
- 29 Days of Crafts For Black History Month: [click here](#)

Small Business Resources and Remote Office Environments

- Financial Supports Available to Small Businesses: [click here](#)
- How Canadians can get a \$400 tax credit — no questions asked — for working from home during COVID-19: [click here](#)
- The federal government subsidy (CERS) designed to assist with commercial rent or property expenses has been reconfigured. For more info: [click here](#)
- The Canada United Small Business Relief Fund has been extended: [click here to apply](#)

Outdoor Activities & Resources

- Increasing Outdoor Play in Early Learning and Child Care in the Context of COVID-19: [click here](#)
- Join David Sobel, author of THE SKY ABOVE AND THE MUD BELOW and NATURE PRESCHOOLS AND FOREST KINDERGARTENS: [click here](#)
- Inspiring Outdoor Spaces for Children: [click here](#)
- Ooey Goey – A Silly Name, A Serious Message: [click here](#)
- Cultivate These Keystone Plants in Your Yard to Help Bees and Butterflies Thrive and Pollinate: [click here](#)



early childhood community development centre



Want to Know More about ECCDC Services?

- Check us out online at www.eccdc.org or in person at **3550 Schmon Parkway, Thorold**.
- We have moved our office location and are open for curbside pick up and drop off Tuesday, Wednesday, and Thursday from 3:00 pm to 7:00 pm and Friday and Saturday from 1:00 pm to 4:30 pm to support your needs. Please contact the ECCDC at **905-646-7311 ext. 304** when you arrive to the building during above timeframes, so we can safely support you with your resource pick up and drop off.
- We offer 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** of items including Personal Protective Equipment: [click here](#)
- We support early learning programs with organizational supports including indoor and outdoor environmental design services, team building, board development, curriculum planning and everything in between!
- We offer 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.

Uplifting Stories of the Week

- Geologist Finds Rare Formation Inside Rock That Looks Exactly Like Cookie Monster on Sesame Street: [click here](#)
- Do you have any uplifting stories you would like to share? [Click here](#) to email the Early Childhood Community Development Centre and it may be included in a future edition of The Couch Exchange.