



The Learning Exchange: Quick links for Inspiring Professional Growth

Issue 65 • March 2024

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

Professional Development

Virtual

- Extending School-Age Learning through Science: Celebrating Mother Earth - **Tuesday March 5, 2024**, from **6:30 to 8:30pm**: [click here](#)
- Diversity, Equity, and Inclusion: How to Build a Thriving Workplace for Everyone - **Wednesday March 6, 2024** from **9:00am to 12:00pm**: [click here](#)
- Nurturing Brilliant Minds, A Professional Learning Series for Educators of Infants and Toddlers: Session 5 Creative Arts Experiences for Infants & Toddlers - **Thursday March 7** from **6:30 to 8:00pm**: [click here](#)
- Supervisory Coaching to Support Staff to be at Their Best - **Wednesday March 20** from **2:30 to 4:30pm**: [click here](#)
- Nurturing Creative Art Experiences to Support Wellbeing in Your Early Learning Environment Series: Session 3 Nurturing Creative Art Experiences to Support Mental Health & Wellbeing - **Thursday March 21** from **6:30 to 8:00pm**: [click here](#)
- How Does Learning Happen in a Home-Based Setting? Series Part 4 Observing & Documenting Children's Learning - **Saturday March 23** from **9:00 to 10:30am**: [click here](#)
- Risk Taking in Play Series Session 2 - The Role of Risk & Challenge in Play - **Tuesday March 26** from **6:30 to 8:00pm**: [click here](#)

In-person

- The Art of Tinkering Session 3: Tinkering with Metal - **Tuesday March 19** from **6:30 to 9:00pm**: [click here](#)
- Exploring Inclusion: Panel Discussion on Best Practices and Strategies in Niagara - **Thursday March 28** from **6:30 to 8:30pm**: [click here](#)



March Highlights

National Francophone Week - 3rd Week of March

- Ten free French Activities: [click here](#)
- French for Kids: 10 Helpful Online Resources: [click here](#)
- French Language Day: [click here](#)

National Unplugged Day - March 1

- Time to have the Digital Talk: [click here](#)
- More Physical Activity and Less Screen Time Linked to Better Executive Function in Toddlers: [click here](#)
- Go Screen Free: [click here](#)
- Make Energy Efficiency a Fun, Family Affair: [click here](#)

World Wildlife Day - March 3

- World Wildlife Foundation: [click here](#)
- World Wildlife Day: [click here](#)
- World Wildlife Foundation Resources: [click here](#)
- Plant a Seed and See How it Grows Foundation: [click here](#)
- World Wildlife Day Resources: [click here](#)
- Nature Network Blog: [click here](#)

International Women's Day - March 8

- United Nations: [click here](#)
- Government of Canada: [click here](#)
- DigitALL: Innovation and Technology for Gender Equality: [click here](#)
- National Geographic Kids: [click here](#)
- Kids Britannica: [click here](#)
- Child & Nature Network; Herstory: [click here](#)
- International Women's Day Song: [click here](#)
- Celebrating International Women's Day in Schools: [click here](#)
- 8-year-old Girls Share Their Vision for the Future: [click here](#)



Daylight Saving - March 10

- Time Change Tip: 5 Ways to Make Daylight Savings Time Easy: [click here](#)
- Helping Your Kids Adjust to Daylight Savings Time: [click here](#)
- How to Help Babies and Toddlers Adjust to Daylight Saving Time (and Back Again!): [click here](#)

International Mathematics Day - March 14

- Pebble Creature Math: [click here](#)
- Children's Learning Through Numeracy: [click here](#)
- Montessori Math Materials & Activities: [click here](#)
- Fine Motor Leaves and Math Activities: [click here](#)
- Reggio Inspired Math Learning: [click here](#)
- Building a Natural Preschool Math Center: [click here](#)
- Patterning: [click here](#)
- Math Talk with Infants & Toddlers: [click here](#)

Earth Hour - March 25

- WWF Canada: [click here](#)
- Resources for Children: [click here](#)
- Earth Hour Niagara Falls: [click here](#)
- School Earth Hour; Take the Energy Revealed Challenge: [click here](#)

International Trans Day of Visibility - March 31

- 6 Things You Can Do on International Transgender Day of Visibility: [click here](#)
- Human Rights Campaign: [click here](#)



Early Learning Podcasts, Videos and Websites

- 12 Fun Ways Kids Can Play with a Cardboard Box: [click here](#)
- Creative Movement in Early Childhood Settings (video): [click here](#)
- Canadians' Perspectives on Climate Change & Education: 2022 Research: [click here](#)
- My Experience of Introducing Real Tools (podcast): [click here](#)
- Using real tools to support Adventurous Play with Niki Buchan (podcast): [click here](#)
- Early Numeracy: The Transition from Infancy to Early Childhood: [click here](#)
- Nurturing Boys in Modern Society (blog): [click here](#)
- Kindness Calendar: Supporting SEL Daily: [click here](#)
- Using Storytelling to Connect Children with the Night Sky: [click here](#)
- Let there be music (blog): [click here](#)

Diversity and Inclusion

- Using books to support Cultural Diversity, Environmental Racism, and Social Justice (Africville): [click here](#)
- OCBC: Anti-racism Project Creating an Anti-racist Child Care System in Ontario: [click here](#)
- Preventing Bullying by Embracing Differences Through the Art of Storytelling (blog): [click here](#)
- How Preschools Can Set Up Intergenerational Relationships to Support SEL: [click here](#)

Health, Wellness and Safety

- How to Set Easy Habits: [click here](#)
- Unique Self-care Ideas for People Who Don't Like Self-care: [click here](#)
- How to Practice Gratitude: [click here](#)
- RAIN Meditation: [click here](#)
- Body Scan Meditation for Beginners: [click here](#)
- Recognition and Assessment of Anxiety & Depression in Early Childhood: [click here](#)
- 4 Ways to Develop Mind-body Awareness with Young Children: [click here](#)
- Anxiety and Depression: Recognizing the Early Warning Signs (leaflet): [click here](#)
- 12-minute Meditation: A Guided Practice to Cultivate Kinder Self-talk: [click here](#)



Outdoor Activities & Resources

- Outdoor Learning with Young Children (Froebel Trust): [click here](#)
- Canadian Paediatric Society Recommends Risky Play for Kids: [click here](#)
- Wild Generations Gardening Club: [click here](#)
- 5 Easy Ways to Get a Jump on the Growing Season: [click here](#)
- A Framework for Lessons on Sustainability: [click here](#)
- Self-guided Learning in Outdoor Play Areas: [click here](#)

Small Business Resources

- Employer's Duty of Religious Accommodation at Work: [click here](#)
- Women Entrepreneurship Strategy: [click here](#)
- Charity Village Leading for Resilience Guide: [click here](#)
- Charity Village: Burnout in the Nonprofit Sector: What you Need to Know: [click here](#)

Uplifting Stories

- Number of Women Inventors Growing at a Faster Pace Than That of Men Inventors: [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 Learning Exchange.

Want to Know More about ECCDC Services?

- Check us out online at www.eccdc.org or in person at **3550 Schmon Parkway, Thorold**.
- We are open for members to visit onsite and can also make resource deliveries directly to member centres. Please contact the ECCDC at **905.646.7311 ext. 304** to make arrangements.
- 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? We offer an online **EStore** with resources, books, and more!
- Our organization offers early learning programs 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. [Click here](#) to view our Esteem page. [Click here](#) for a catalogue of customized offerings.