



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 32

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.

Do you know an inspirational educator? Nominate them for the 2021 Prime Minister's Awards (submit your nomination electronically or by mail by **January 12, 2021**): [Nomination Package](#)

Online Webinars and Training for Educators and Administrators

- Building Relationships With Families In A Pandemic **Thursday, December 10 at 2:00 pm ET: [click here](#)**
- Managing Safety & Security at Your Center in a COVID World **December 16, 2020 at 1:00 pm: [click here](#)**
- A Stronger, More Ambitious Future for Child Care **December 16, 2020 from 2:00 to 3:30 pm EST: [click here](#)**
- Changing the Game for Generation Alpha: Teaching and Raising Young Children in the 21st Century Book Launch **December 18, from 3:00 to 4:00 pm EST: [click here](#)**
- Fearless Conversations With Toddlers: How to Open a Can of Worms With Little Ones **January 13, 2021 2:00 p.m. EST: [click here](#)**
- Engaging Families in the Early Years in Authentic Ways **Wednesday January 20, 2021 from 6:30 to 8:00 pm: [click here](#)**
- Taking Care of Me to Take Care of You – Supervisor Wellness Session **Wednesday January 27, 2021 from 9:00 to 11:00 am: [click here](#)**

Resources for Information on Covid-19

- 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](#)



Online Podcasts and Videos & Early Learning Websites

- Podcasts on Stress, Time Management, Resiliency: [click here](#)
- 2020 Child Care Statistics and Industry Trends: [click here](#)
- Me, We, Everybody is incredible! [click here](#)
- Quality questions = quality leadership: [click here](#)
- Distractions, Deadlines, and the Digital Divide - Communicating Effectively: [click here](#)
- Helen Armstrong on respectful, calm mealtimes for babies and toddlers: [click here](#)
- Dr David Whitebread on Achieving Quality in Early Childhood Education: [click here](#)
- Michael Rosen on Play Well: [click here](#)
- Devereux Centre for Resilient Children - Tuesday Tip | Enjoy Some Silliness: [click here](#)

Diversity and Inclusion Resources

- Remaking the Economy: COVID 19, Recovery and the Black Community - **Thursday December 10, at 2:00 pm EDT: [click here](#)**
- Language Justice: Focusing on Diverse Language Learners **December 16, 2020 from 2:00 to 3:00 pm EST: [click here](#)**
- Engaging Families in Pursuing Anti-bias Practice in Early Childhood Settings **January 27, 2021 from 2:00 to 3:00 pm EST: [click here](#)**
- Diversity, Equity, and Inclusion (DEI): Why this matters in volunteer management leadership: [click here](#)
- 10 steps to create an equitable organization: [click here](#)
- The Small Nonprofit Podcast: Dismantling white supremacy in the nonprofit sector with Hawa Mire: [click here](#)

Small Business Resources and Remote Office Environments

- How Canadians can get a \$400 tax credit — no questions asked — for working from home during COVID-19: [click here](#)
- Rebuilding Your Child Care Business: Technology Makes it Possible **January 7, 2021 at 2:00 pm EST: [click here](#)**
- More than a title: Transformational Leadership delivers real change: [click here](#)
- Cultivating a positive work culture in the midst of change: [click here](#)
- From Apathy to Enthusiasm: Nonprofit Board Engagement Strategies: [click here](#)
- 50+ Good Questions to Ask in an Interview as an Interviewee: [click here](#)
- The Season to Give is Not a Reason to Give (and other Year-End Fundraising Truth Bombs): [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](#)



Parenting Resources

- Connect Families to COVID-19 Benefits and Relief: [click here](#)
- How to Talk to Your Kids About Work During the Pandemic: [click here](#)
- A Way Forward for Working Parents: [click here](#)
- Parenting Resources and Support: [click here](#)
- WAYS Mental Health Support – Parenting Resources: [click here](#)
- Working Parent Advice for Balancing Work & Family: [click here](#)
- Parenting During Covid-19: [click here](#)

Health and Wellness

- 3 Ways Mindfulness Can Help You Get Through the Holiday Season: [click here](#)
- Wellness Strategies – Stress, Compassion Fatigue and Resilience: [click here](#)
- Anxiety - Practical Intervention Strategies: [click here](#)
- Well-Being Resources: [click here](#)
- Stress Strategies for Adults: [click here](#)
- Tiny Desk Concerts: [click here](#)
- Why it's Perfect to be Imperfect: [click here](#)

Outdoor Activities & Resources

- Loose Parts Play Outdoors **Tuesday December 15, 2020 at 8:00 pm EST:** [click here](#)
- Lawson Foundation – Outdoor Play Strategy: [click here](#)
- His Invention For Renewable Energy Inspired by the Physics of Northern Lights Just Won the 2020 Dyson Prize: [click here](#)
- A 'Beaver Full Moon' With Lunar Eclipse Happened This Morning—And Folks Took Some Stunning Photos: [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 Tuesday, Wednesday, and Thursday from 9:00 am to 9:00 pm and Friday and Saturday from 9:00 am to 4:30 pm to support your needs.
- 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

- A Rare 'Christmas Star' is Coming in December for the First Time in 800 Years: [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.