



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 34

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

- 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](#)
- Improved Efficiency, Safety, Nutrition and Cost: The Case for a Plant-Based Menu in Child Care: A Case Study **Friday February 19, 2021** from **12:00 to 1:00pm**: [click here](#)
- What is Play? Shifting Learning Experiences in the Virtual Kindergarten Learning Environment - **Tuesday February 23, 2021** from **7:00 to 9:00pm**: [click here](#)
- Canada-U.S. Coffee Chat: Building Back Better in 2021 - **Wednesday February 24, 2021** from **2:30 to 3:45pm**: [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](#)
- The Canadian Early Mathematics Education Conference running **March 1 to March 4, 2021**: [click here](#)
- Schema Play Series – Session 3: Emotional Schemas - **Wednesday March 3, 2021** from **6:30 to 8:00pm**: [click here](#)
- STEAM Series – Session 3: STEAM in the Outdoors - **Thursday March 4, 2021** from **6:30 to 8:00pm**: [click here](#)
- Strengthening Your Leadership Skills by Building Balanced Empathy (for Administrators) - **Friday March 5, 2021** from **9:00am to 3:00pm**: [click here](#)
- Deepening Emotional Resilience through Building Balanced Empathy (for Educators) - **Saturday March 6, 2021** from **9:00am to 3:00pm**: [click here](#)
- Naturalizing your Indoor Early Learning & Child Care Environment - **Tuesday March 9, 2021** from **6:30 to 8:00pm**: [click here](#)



Reflecting on Black History Month

- Children's Books to Explore Black History Month: [click here](#)
- Stories and facts from both Canadian and American history to honour Black History Month: [click here](#)
- Black history month webinars: [click here](#)
- Noteworthy historical figures: [click here](#)
- 23 historical black Canadians you should know: [click here](#)
- How educators are trying to get Black history lessons into Canadian classrooms: [click here](#)
- 365 Black Canadian Curriculum: [click here](#)
- Virtual events happening this month: [click here](#)

Resources for Information on Covid-19

- Preparing for Possibilities: Taking Action When Faced with Challenge: [click here](#)
- 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

- **ECCDC Feel Good February:** Power Words - Mini Vision Board with Power **Thursday February 18, 2021** from **2:00 to 3:00pm:** [click here](#)
- **ECCDC Feel Good February:** Outside in Any Weather - **Monday February 22, 2021** from **6:30 to 7:30pm:** [click here](#)
- **ECCDC Feel Good February:** Special Cooking Demonstration by Award Winning Chef Doug McNish - **Tuesday February 23, 2021** from **5:00 to 6:00 pm:** [click here](#)
- **ECCDC Feel Good February:** Mindfulness Moments - **Wednesday February 24, 2021** from **6:30 to 7:30pm:** [click here](#)
- 35 critical work-life balance stats everyone should know: [click here](#)
- Mindful Eating: [click here](#)
- How to Stop Worrying: [click here](#)
- Arianna Huffington on the Benefits of Rest and Sleep (Podcast): [click here](#)
- Roots of Empathy Children's Gallery: [click here](#)
- Anchoring Ourselves in Compassion - One Breath At A Time: Guided Meditation for 2021: [click here](#)

Online Podcasts and Videos & Early Learning Websites

- Engaging with Social Media **Tuesday February 23, 2021** at **11:00am:** [click here](#)
- Masked Educators and the Many Ways They Support Children: [click here](#)
- Branching Out Resource Updates to Support the Growth and Goals of Educators Issue 9: [click here](#)
- What's the Key to Raising Confident Kids? Here's What the Majority of Parents Say...: [click here](#)
- RENT the Situation but OWN the Lesson: [click here](#)
- Social Skills for Play and Learning: [click here](#)
- How to Advocate as an Individual for the Field of Early Childhood Education: [click here](#)
- New Core Services for Children in the Ontario Autism Program: [click here](#)
- Devereux Centre for Resilient Children - Tuesday Tip | Learn Something New, Then Teach It To Someone Else: [click here](#)
- Devereux Centre for Resilient Children - Tuesday Tip – Notice the Positive Qualities: [click here](#)



Small Business Resources and Remote Office Environments

- Reimagine Opportunities for Your ECE Business - **Thursday March 4, 2021** from **2:00 to 3:30pm**: [click here](#)
- Two Models to Help You Feel Confident and Competent as a Leader in COVID: [click here](#)
- How To Get Staff on Board With Your Employee Brand: [click here](#)
- Mastering QuickBooks 2021: The How-to Clinic for Nonprofit Bookkeepers for Desktop QuickBooks Users: [click here](#)
- 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

- Supporting Teachers in Nature-Based Programs **Wednesday March 10, 2021** from **2:00 to 3:30pm**: [click here](#)
- Photographer Uses Lockdown to Snap Photos of Amazing Wild Birds in Garden – All From the Kitchen Window: [click here](#)
- Dutch Design Artist Creates Lightshow in a Leek Field to Celebrate Farms and Enhance Plant Growth: [click here](#)
- Which winter activity should you try? [click here](#)
- Don't Underestimate the Power of a Walk: [click here](#)
- A Flower Patch for the Rusty-Patched Bumblebee: Creating Habitat Gardens for Native Pollinators: [click here](#)
- Family Day Fun - Survival of the Slowest at the Butterfly Conservatory: [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

- We Use 6 Billion Face Masks a Day — But Scientists Have a Genius Way to Turn Them Into Roads: [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.