



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 40

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

- Ready and Resilient! Promoting the Resilience of Children and Adults - **August 4, 2021** from **2:00 to 3:30 pm**: [click here](#)
- Being Thorough: A Concept for Building High-Performing Teams in Your Early Childhood Program – **August 19, 2021** from **2:00 to 3:30 pm**: [click here](#)
- Engineering With Nature: Learning and Communicating through Construction Play – **August 25, 2021** from **2:00 to 3:30 pm**: [click here](#)

Diversity and Inclusion

- Principles respecting the Government of Canada's relationship with Indigenous peoples: [click here](#)
- Anishinabek Nation Education Resource: [click here](#)
- Child-friendly Truth and Reconciliation Calls to Action: [click here](#)
- Video: Stolen Treasures - a lullaby for the stolen, buried, Indigenous children: [click here](#)
- Video: Talking to kids about Residential Schools: [click here](#)
- Being an Indigenous Ally Toolkit (link to download PDF is in the article): [click here](#)
- Early childhood anti-bias books for kids: [click here](#)
- CBC: there are different types of families: [click here](#)
- CBC: They, them, their – why some people use these pronouns instead of he or she: [click here](#)
- Celebrating Differences: Anti-racist Parenting Right From The Start: [click here](#)
- Teaching for Change: [click here](#)
- Lesley University: Teaching young children to understand and accept differences: [click here](#)
- Anti-Racism in ECE Ontario: [click here](#)
- Statement of Commitment to Anti-Racism: [click here](#)
- Anti-racism as part of your Continuous Professional Learning: [click here](#)
- Kids Learning Tube: Diversity and Equality for Kids: [click here](#)



Resources for Information on Covid-19

- How were COVID-19 vaccines developed so quickly? [click here](#)
- Hand Washing Hero's Video: [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

- Trauma Sensitive Tool Kit for Yoga and Mindfulness in the classroom: [click here](#)
- 100 self-confidence affirmations for students: [click here](#)
- Back-to-School Mental Health Kit: [click here](#)
- Calm School Initiative: [click here](#)
- 10 Mental health tips for teachers during the pandemic: [click here](#)
- 5 simple mindful movements for your classroom: [click here](#)
- Mental Health and Well-being Resources Niagara: [click here](#)



Online Podcasts and Videos & Early Learning Websites

- The Everything ECE Podcast by Carla Ward: [click here](#)
- The Preschool Podcast: For Leaders in Early Childhood Education: [click here](#)
- How to raise successful kids without over parenting: [click here](#)
- A new way to get every child ready for kindergarten: [click here](#)
- Reading and writing resources: [click here](#)
- 35 Awesome Sensory Treasure Baskets Ideas For Babies: [click here](#)
- Baby Toys Vs Random Things: [click here](#)
- Play and Learn: Activities and all ages and strengths: [click here](#)
- Learning from home resources: [click here](#)
- TED Talks Education: [click here](#)
- The Cult of Pedagogy Podcast: [click here](#)
- Ted talks from inspiring teachers: [click here](#)

Small Business Resources and Remote Office Environments

- Financial Supports Available to Small Businesses: [click here](#)
- The federal government subsidy (CERS) designed to assist with commercial rent or property expenses has been reconfigured. For more info: [click here](#)
- Healthy computer work habits: [click here](#)

Outdoor Activities & Resources

- The Niagara Cherry Blossom Ride: [click here](#)
- Botanical Gardens: [click here](#)
- Floral Clock: [click here](#)
- Activities for Kids: [click here](#)
- 38 Activities for Outdoor Learning: [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 are open for safe curbside pick up and drop off of resources. We are also making resource deliveries directly to centres. Please contact the ECCDC at **905.646.7311 ext. 304** to make arrangements.
- **Summer Closure** – please note the ECCDC’s annual summer closure will commence on Saturday July 24, 2021. The centre will re-open Monday August 9, 2021
- 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** of items including Personal Protective Equipment: [click here](#)
- Our organization supports early learning programs with 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.

Uplifting Stories of the Week

- Dog Howls For Joy as New Back-up Singer in Baby’s Band: [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.