



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 41

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

- Unpacking Children’s Play – Dramatic and Imaginative Play – **Thursday November 11, 2021** from **6:30 to 8:00 pm**: [click here](#)
- School Age Series 2: Investigating the Theories of Play and the Principles of Playwork to Support Your School-agers- Theories of Play - **Thursday November 11, 2021** from **6:30 to 8:00 pm**: [click here](#)
- Speaking to Families about Unstructured Play Experiences: Dispelling the Myth - **Friday November 12, 2021** from **9:00 to 10:30 am**: [click here](#)
- Supporting Risk and Challenge - **Friday November 12, 2021** from **1:00 to 2:30 pm**: [click here](#)
- Integrating Technology to Enhance Daily Practice with Children and Families Series - Technology Strategies to Support Family Engagement – **Thursday November 18, 2021** from **6:30 to 8:00 pm**: [click here](#)
- Building Your Bounce: Simple Strategies for a Resilient You Saturday – **Saturday November 20, 2021** from **9:00 am to 12:00 pm**: [click here](#)
- Take it Outside! A Nature Perspective Series - Risky Play Throughout the Day – **Tuesday November 23, 2021** from **6:30 to 8:00 pm**: [click here](#)
- Unpacking Children’s Play Series – Rough and Tumble Play – **Wednesday November 24, 2021** from **6:30 to 8:00 pm**: [click here](#)
- Rethinking Documentation Strategies for Early Learning Environments; Session 2 in Pandemic Reflections Series, for Administrators – **Thursday November 25, 2021** from **12:00 to 1:30 pm**: [click here](#)
- STEAM Series – STEAM in the Outdoors – **Thursday November 25, 2021** from **6:30 to 8:00 pm**: [click here](#)
- Reflecting on Pedagogical Leadership Journey – **Friday November 26, 2021** from **9:00 to 10:30 am**: [click here](#)
- Supporting Children in Developing a Practice of Mindfulness – **Saturday November 27, 2021** from **9:00 to 11:30 am**: [click here](#)
- Inclusive Practices Series - Constructing a New Pathway – **Tuesday November 30, 2021** from **6:30 to 8:00 pm**: [click here](#)
- STEAM Series – STEAM in the Outdoors – **Tuesday November 30, 2021** from **6:30 to 8:00 pm**: [click here](#)



Remembrance Day Resources

- Ontario Government – Remembrance Day Let Us Never Forget: [click here](#)
- Royal Canadian Legion – Remembrance Day Teaching Guide: [click here](#)
- Veterans Affairs Canada – Remembrance: [click here](#)
- Lest We Forget – Canadian Homeschooler: [click here](#)
- Remembrance Day Classroom Resources: [click here](#)

National Child Day

November 20 is recognized as National Child Day in Canada. This special day honours our country's commitment to upholding the rights of children and two historic events: the 1959 signing of the United Nations Declaration of the Rights of the Child and the adoption of the United Nations Convention on the Rights of the Child (UNCRC) in 1989.

This year is the 30th anniversary of Canada's ratification of the UNCRC. It is an opportunity to recognize the rights of all children, while also acknowledging the unique rights of First Nations, Métis, and Inuit children.

The theme for National Child Day 2021 is #8MillionStrong in honour of the power and resilience of all 8 million kids in Canada and their right to survive and thrive (Children First Canada).

- Children First Canada are hosting a digital event on **November 16 at 1:00 p.m. ET** which will be hosted by Arjun Ram of CBC Kids News: [click here to register](#)
- Government of Canada Resources: [click here](#)
- Children First Canada: [click here](#)
- Children First Canada Toolkit: [click here](#)



Diversity and Inclusion

- Diversity, Equity & Inclusion in the Early Childhood Classroom: [click here](#)
- The Importance of Promoting Diversity in Early Childhood Programs: [click here](#)
- Diversity & Inclusion in Early Childhood: [click here](#)
- Valuing Diversity: Developing a Deeper Understanding of All Young Children's Behaviour: [click here](#)
- Promoting Diversity in Early Childhood Programs: [click here](#)
- Culture and Diversity: [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](#)
- 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](#)
- Roots of Empathy – Covid-19 Resources: [click here](#)
- Connect Families to COVID-19 Benefits and Relief: [click here](#)

Health and Wellness

- STOP and SLOW: Self-Care and Compassion Practice for Educators: [click here](#)
- The Importance of Early Childhood Educator Mental Health & Well-Being: A guide to supporting educators: [click here](#)
- Children's Well-Being and Early Childhood Education: [click here](#)
- Early Childhood Teachers' Well-Being: What We Know and Why We Should Care: [click here](#)
- Supporting mental health and wellness during the return to school: Tips for parents and families: [click here](#)
- Back-to-School Health: Tips for Parents Infographic: [click here](#)
- Back to School Mental Health Backpack: [click here](#)
- Getting Started with Mindfulness: A Toolkit for Early Childhood Organizations: [click here](#)
- How Mindfulness Can Benefit Preschool Teachers: [click here](#)



Online Podcasts and Videos & Early Learning Websites

- 3 Ways to Rethink Student Education in Response to COVID-19: [click here](#)
- Back to School STEM Activity: [click here](#)
- The Power of Self-Compassion Video: [click here](#)
- Literacy in the Classroom: [click here](#)
- The Importance of Observation in Early Childhood Education (With Free Ebook): [click here](#)
- Playful Transformations: [click here](#)

Small Business Resources and Remote Office Environments

- Workplace Mental Health: Is Your Nonprofit Ready For Post-Covid Challenges?: [click here](#)
- 3 new rules for social interaction in the workplace: [click here](#)
- Resourceful Manager: [click here](#)
- Small Business Access: [click here](#)
- Small Business Recovery Resources: [click here](#)
- Managing your business during COVID-19: [click here](#)

Outdoor Activities & Resources

- Don't Shy Away From Outdoor Play!: [click here](#)
- Lawson Foundation - Resources to Support Outdoor Play: [click here](#)
- Exploring Nature with Children: [click here](#)
- Play Outside Nova Scotia: [click here](#)
- Encyclopedia on Early Childhood Development – Outdoor Play Resources: [click here](#)
- EcoKids – Outdoor Play and Learning (OPAL): [click here](#)
- Why the outdoors should be an integral part of every early learning and child-care program: [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! Visitors are asked to wear a face mask and will be screened. We are also making resource deliveries directly to 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** 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

- Video Shows Wally the Walrus Appearing to Drive the Boat He Clambered Into During His Latest Escapade: [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.