



The Learning Exchange: Quick links for Inspiring Professional Growth

Issue 50 • October 2022

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

- Exploring the Impact of Transition Times – **October 4, 2022** from 6:30 to 8:30pm: [click here](#)
- Strengthening Our Relationships with Children and Families - Sexual and Gender Diversity – **October 6, 2022** from 6:30 to 8:00pm: [click here](#)
- Re-Energizing Your Team by Returning to Our Roots of How Does Learning Happen? - Session 2 - **October 11, 2022** from 6:30 to 8:30pm: [click here](#)
- Making the Most of Your Professional Learning Experiences Series - Session 1 – **October 18, 2022** from 6:30 to 9:00pm: [click here](#)
- Inspiring Staff Performance: Moving from Managing Employees to Supporting their Leadership Development – **October 19, 2022** from 10:30am to 12:00pm: [click here](#)
- Nurturing Mindfulness in Early Learning Series - Session 2 – **October 20, 2022** from 6:30 to 8:00pm: [click here](#)

In-person

- Exploring the Impact of Transition Times – **October 4, 2022** from 6:30 to 8:30pm: [click here](#)
- Re-Energizing Your Team by Returning to Our Roots of *How Does Learning Happen?* - Session 2 - **October 11, 2022** from 6:30 to 8:30pm: [click here](#)
- Sharing Ideas to Connect Children to Nature within a Naturalized Playground in the Fall – **October 12, 2022** from 6:00 to 7:30pm: [click here](#)
- Behaviour Awareness and Self-Regulation – **October 13, 2022** from 6:00 to 8:30pm: [click here](#)
- Nurturing Mindfulness in Early Learning Series - Session 2 – **October 20, 2022** from 6:30 to 8:00pm: [click here](#)
- ECCDC Fall Networking Event – **October 27, 2022** drop in event between 3:00 and 7:00pm: [click here](#)



October Highlights

Emotional Wellness Month

- A 15-Minute Practice to Soften, Soothe, and Allow Difficult Emotions: [click here](#)
- Let Your Practice Guide You Beyond Crisis Mode: [click here](#)
- Soothe Stressful Emotions with the 4-7-8 Breathing Practice: [click here](#)

Breast Cancer Awareness Month

- Breast Cancer Resources: [click here](#)
- Here's The Difference Between Sympathy, Empathy and Compassion: [click here](#)
- 10 Ways To Get Involved in Breast Cancer Awareness Month: [click here](#)

October 1st World Vegetarian Day and International Day of Older Persons

- World Vegetarian Day website: [click here](#)
- United Nations: [click here](#)

October 3rd National child health week

- Children's Mental Health Ontario: [click here](#)
- Pathstone Mental Health: [click here](#)
- Healthy Eating for Children Ontario: [click here](#)

October 5th international walk to school week

- About Walk to School Day: [click here](#)
- 8 Benefits of Walking to School: [click here](#)
- Safety Tips for Walking to School: [click here](#)

October 5th World Teachers Day

- National Today: [click here](#)
- How To Celebrate World Teacher's Day 2022: [click here](#)

October 5th Yom Kippur

- About Yom Kippur: [click here](#)
- What Is the Best Thing to Say to Someone for Yom Kippur? [click here](#)
- Children's Guide to Yom Kippur: [click here](#)



October 7th World Smile Day

- About World Smile Day: [click here](#)
- 10 Big Benefits of Smiling: [click here](#)
- Smile day activities: [click here](#)

October 7th Trigeminal Neuralgia Awareness Day

- About Trigeminal Neuralgia Awareness Day: [click here](#)
- 2022 Light Up Teal 10th Anniversary & Request Letter: [click here](#)

October 10th International Inclusion Day

- About International Inclusion Day: [click here](#)
- 15 Team-Building Activities to Promote Diversity and Inclusion: [click here](#)
- The Power of Inclusion: What to Expect When Your Preschooler Attends an Inclusive Preschool Program: [click here](#)
- 10 Actions You Can Take Today to Be More Inclusive At Work: [click here](#)

October 10th Thanksgiving

- Thanksgiving Weekend Activities and Events: [click here](#)
- How to Help All Households Grow in Gratitude at Thanksgiving (and Beyond!): [click here](#)

October 11th International Girl Day

- About International Girl Day: [click here](#)
- Our time is now—our rights, our future: [click here](#)
- 5 Activity Ideas for International Day Of The Girl Child: [click here](#)

October 16th World Food Day

- About World Food Day: [click here](#)
- How to Celebrate World Food Day in School and at Home: [click here](#)
- 10 Reasons Buying Local is Great for You and the Planet: [click here](#)



October 17th Waste Reduction Week

- Eight Ways to Reduce Waste: [click here](#)
- Zero Waste Tips: 50 of the Most Impactful Earth-Happy Habits: [click here](#)
- 14 Creative Ways to Use Food Scraps: [click here](#)

October 24th Diwali

- About Diwali: [click here](#)
- Diwali - Festival of Lights: [click here](#)
- 4 Easy Diwali Decoration Ideas At Home (video): [click here](#)

October 29th National Cat Day

- About National Cat Day: [click here](#)
- Lincoln County Humane Society: [click here](#)
- Thinking of getting a cat? [click here](#)
- 50 Cat Facts You Probably Didn't Know: [click here](#)

October 31st Halloween

- 20 Halloween Activities That Will Make Your Holiday Traditions Frightfully Memorable: [click here](#)
- How To Reuse Pumpkins After Halloween: [click here](#)

Early Learning Podcasts, Videos and Websites

- My experience as a male ECE podcast: [click here](#)
- 5 Tips for Helping Kids Develop a Healthy Relationship with Food CTRI blog: [click here](#)
- Early Childhood in Canada - Green child care: [click here](#)
- What should you do when children? Encyclopedia on Early Childhood Development: [click here](#)
- Mother Earth's Children-A Story for Autumn: [click here](#)
- Waldorf Autumn Song: [click here](#)
- How to deal with kids who are always bored: [click here](#)
- Examining the Powerful Impact of Investment in Early Childhood for Children, Families, and Our Nation's Economy: [click here](#)
- For Young Kids, The Power of Play-Based Learning; research article: [click here](#)
- Unstructured, longer play time that's called key to early learning: [click here](#)
- Exploring bubbles with kids: [click here](#)



Diversity and Inclusion

- How to partner with parents of children with Autism: [click here](#)
- How to Promote Diversity and Inclusion in the Workplace: [click here](#)
- 5 Ways to Emphasize Diversity in Your Child Center's Classroom: [click here](#)
- 11 Incredibly Powerful Ways To Nurture Inclusion At The Workplace: [click here](#)

Health, Wellness and Safety

- Coronavirus disease (COVID-19) Updates for Canada: [click here](#)
- Public Health Ontario - COVID-19 communication resources: [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](#)
- Coronavirus Resources for Early Childhood Professionals: [click here](#)
- UNICEF: It difficult to grow up in an apocalypse; children & adolescent experiences, perceptions & opinions on the Covid-19 pandemic in Canada: [click here](#)
- 10 Guided meditations from the Powerful Women of the Mindfulness Movement: [click here](#)
- Guided Meditation to Help you let Go and accept Change: [click here](#)
- Why are Brains are designed to Forget: [click here](#)
- Government of Canada CCOHS; Health & Wellness: [click here](#)
- What we know (or think we know) about happiness: [click here](#)
- 5 Counselling Principles for Disordered Anxiety: [click here](#)
- How Mindfulness changes the brain (and how it doesn't): [click here](#)
- 7 Children's Books with Mindfulness Messages: [click here](#)
- 7 zucchini recipes kids will love: [click here](#)

Outdoor Activities & Resources

- The ultimate list of outdoor gear for kids: [click here](#)
- Making Hiking sticks with Kids: [click here](#)
- How to make foraged tree tip syrup with Kids: [click here](#)
- Outdoor teaching tips for writing opportunities in Rainy Weather - Juliette Robertson: [click here](#)
- Get Children Outside! The importance of outdoor play for young children: [click here](#)
- 12 ways to incorporate learning into your kids' play: [click here](#)



STEAM & STEM Resources

- Easy No Prep STEM activities: [click here](#)
- STEM Education ideas: [click here](#)
- After School STEM: [click here](#)
- Spotlight on STEM for Girls: [click here](#)
- Classic STEM: How to make a paper Aeroplane: [click here](#)
- Stop Motion Projects: [click here](#)
- Bird feeder STEM project: [click here](#)
- Fun STEM activities: [click here](#)
- Binary code activities: [click here](#)
- Halloween Agamograph STEAM project: [click here](#)

Small Business Resources

- Public Policy Forum: Investment that works for the Child Care Workforce: [click here](#)
- Government of Canada; launches the net zero challenge to recognize and support businesses transitioning to cleaner operations: [click here](#)
- 12 Effective Employee Recognition Ideas for Small Business: [click here](#)
- Go Wild Grants (apply by October 21): [click here](#)

Uplifting Stories

- Canada Teacher find fossil that could be 300 million years old: [click here](#)
- Founder of outdoor-apparel maker Patagonia gives away company to a non-profit organization to help combat climate change: [click here](#)
- Niagara's Grape King Named: [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.



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 members to visit onsite and also offer curbside pick up and drop off of resources. We also make 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** with resources, books, and more: [click here](#)
- 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](#) for a catalogue of customized offerings.