



The Learning Exchange: Quick links for Inspiring Professional Growth

Issue 52 • December 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

- Being the Best Supervisor You Can Be! The Making of a Life-Changing Mentor...What Makes a Good Leader? – Webinar – **December 7, 2022 from 10:00 a.m. to 12:00 p.m.:** [click here](#)
- Virtual Outdoor Play Institute: Rethinking the Rules and Practices of Outdoor Play – **December 10, 2022 from 8:30 a.m. to 4:00 p.m.:** [click here](#)
- Supporting Growth & Development of Your Staff Team, A Reflective Series for Administrators & Supervisors - 4 Sessions, via Webinar – **December 12, 2022 from 10:00 a.m. to 12:00 p.m.:** [click here](#)
- Making the Most of Your Professional Learning Experiences Series, Session 3: Sharing Learning with Families and Community through Digital Media – Webinar – **December 13, 2022 from 6:30 to 9:00 p.m.:** [click here](#)

In-person

- Supporting Children in the Early Years with Learning Disabilities - **November 10, 2022 from 6:30 to 8:00 p.m.:** [click here](#)
- Nurturing Mindfulness in Early Learning Series, Session 4: Mindfulness for School Ageds – **December 8, 2022 from 6:30 to 8:00 p.m.:** [click here](#)



December Highlights

Awards of Excellence 2022 Award Winners: [click here](#)

December 3 - International Day of Persons with Disabilities

- United Nation's International Day of Persons with Disabilities (IDPD): [click here](#)
- Towards an Accessible Canada: [click here](#)
- About the Enabling Accessibility Fund: [click here](#)
- Building an Inclusive and Accessible Post-COVID-19 World: [click here](#)
- Leadership and Participation of Persons with Disabilities: [click here](#)

December 6 - National Day of Remembrance and Action on Violence Against Women and St. Nicholas Day

- The National Day of Remembrance and Action on Violence Against Women: [click here](#)
- From Grief to Action: [click here](#)
- Wearing White Ribbon: [click here](#)
- St. Nicholas Day 2022: [click here](#)
- How to Celebrate St. Nicholas Day: [click here](#)

December 10 – Human Rights Day, International Animal Rights Day, and Dewey Decimal System Day

- 75th Anniversary of the Universal Declaration of Human Rights: [click here](#)
- What is Dewey?: [click here](#)
- Niagara and Humane Society: [click here](#)
- Taking Care of Animals: Pro Tips for Pet Owners: [click here](#)

December 18 – Hanukkah and International Migrants Day

- All about Hanukkah: [click here](#)
- 8 Nights Of Family-Friendly Hanukkah Activities: [click here](#)
- 10 Tips for Hosting an Accessible Hanukkah Party: [click here](#)
- International Migrants Day: [click here](#)



December 21 – Winter Solstice

- 13 Fascinating Winter Solstice Traditions Around the World: [click here](#)
- IllumiNATION — Discover Canadian talent: [click here](#)
- Recognizing Holiday Celebrations Across Canada’s Diverse Communities: [click here](#)
- Reclaimed Winter Solstice Songs: [click here](#)

December 24 & 25 – Christmas Eve and Christmas Day

- 2022 Christmas in Niagara Falls Region: Parades, Concerts, Holiday Theatre & Events: [click here](#)
- History of Christmas Trees: [click here](#)
- 10 Diverse Families Share How They Celebrates Christmas: [click here](#)
- 39 Office Christmas Party Ideas, Games & Activities for Work: [click here](#)

December 26 & 25 – Kwanzaa and Boxing Day

- What does it mean today? [click here](#)
- How to Celebrate Kwanzaa with Your Family: [click here](#)
- Global Christmas Music: [click here](#)
- What Is Boxing Day?: [click here](#)

December 31 – New Year’s Eve

- Things to do this New Year’s Eve: [click here](#)
- New Year’s Eve at the Falls: [click here](#)
- Year End Self-Reflection: [click here](#)
- Positive thinking: Stop negative self-talk to reduce stress: [click here](#)
- 65 Rewarding New Year's Resolutions for a Healthy, Happy Life: [click here](#)

Early Learning Podcasts, Videos and Websites

- 2023 Prime Minister Awards - Nominate an Early Childhood Educator: [click here](#)
- More than half of women provide care to children and care-dependent adults in Canada, 2022: [click here](#)
- Cultivating Hope, Even on Our Toughest Days: [click here](#)
- How Self-Aware Am I? [click here](#)



Diversity and Inclusion

- Holiday tips to make celebrations more inclusive: [click here](#)
- Diversity-Informed Tenets for Work with Infants, Children and Families: [click here](#)
- Inclusion – What do education and care providers and services need to know? [click here](#)
- 6 Tips for Special Educators on Distance Education: [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](#)
- Guided Meditation: Notice How Sadness, Loneliness, and Anger Show Up in Your Body: [click here](#)
- I am struggling with my work-life balance || We Hear You, Episode 4: [click here](#)
- Mindfulness at Work – Activities: [click here](#)
- Letting Your Child Use Your Device: [click here](#)

Outdoor Activities & Resources

- Take Language Learning Outside! [click here](#)
- 'No Fear' Revisited with Tim Gill - Webinar for Forest School: [click here](#)
- Too much indoor recess? How to make small but important changes at your child's school: [click here](#)
- 5 ways to support your child in sport: [click here](#)
- How to dress for the weather in every season: [click here](#)

Social and Emotional Learning Resources

- How emotion impact learning and why your emotions always matter - Himama blog: [click here](#)
- 8 (More!) Activities for Promoting Empathy in Your Students (SEL): [click here](#)
- Why We Talk to Ourselves: The Science of Your Internal Monologue: [click here](#)
- 5 Tips for Being Present, Not Perfect, During the Holiday Season: [click here](#)



Small Business Resources

- Giving back: Canadian charities invited to apply for \$25K grant funding: [click here](#)
- Spell it Out: Avoiding Jargon for a More Inclusive Workplace: [click here](#)
- I am frustrated by my leadership || We Hear You, Episode 2: [click here](#)
- Email Marketing 101: How to Create Effective Email Fundraising Appeals: [click here](#)
- How Nonprofits Can Better Ally with Indigenous Organizations: [click here](#)

Uplifting Stories

- NASA Catches The Sun in a Big Smiley Face Made of Wind (LOOK): [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 Learning Exchange.

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.
- 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.
- **ECCDC Winter Closure:** Please note that the annual ECCDC winter closure will begin Saturday December 24, 2022. The ECCDC will re-open on Monday January 9, 2023.