

Infant and Toddler Spring Network Meeting

1st of June 2022 Meeting Notes

Agenda-Check-in

Welcomes and introductions Participants introduced themselves, share the program they work in and what they have been working on since our last meeting;

- spending lots of time out outdoors in all weathers
- using water and music outdoors

Mindfulness Moment-participants participated in a mindfulness grounding experience from the Devereux Centre for Resilient Children. Please see accompanying PowerPoint presentation for details. Participants shared how they are supporting their own well-being

- going for walks along the canal and taking time for self for positive energy
- taking time at the end for themselves, after their own children go to bed
- taking time at the beginning of the day leave early to go to work
- listening to the birds
- spending time in nature
- ensuring one gets enough sleep
- Gardening

An overview of using sit-stops was provided and how they could be used to support mindfulness on a personal level and within child care programs with children. Followed by a discussion regarding sit-stops.

- consider tummy time for infants in the same outdoor spot to introduce a connection to place
- using sit-spots as a transition time from indoor to outdoor spaces
- cozy areas outside
- consider the needs of children who maybe more introverted.

Reflection on resources-Supporting outdoor play-Participants view the Nature Valley 3 generations video <https://www.youtube.com/watch?v=8Q2WnCbT0> which highlights the change in children's play over 3 generations. Participants shared their thoughts on the video and outdoor play tips-sheet;

Video

- Reflects how important outdoor play is
- Strategies used to share the importance of outdoor play?
 - o Bringing children's interests outside. Bringing sensory outside.
 - o Talking about what we see outside.
 - o Taking pictures and videos and sharing with the children and families
 - o Using technology with intentionality taking pictures and learning more about what the children are interested with the children as partners in discovery

Outdoor play tip sheet

- bringing snack outside again now that covid procedures are opening up
- while we are enjoying snack, engaging children in conversation by asking prompting questions
- adding back materials now that we are able to share such as paint brushes
- children designing their own rock garden and watching toys rolling around

Braining storming ideas, and questions and connection

Participants shared ideas on materials for infant outdoor play ground

- recognizing that children don't need to have all the fancy equipment, offering boxes, stumps, hay, tractor tires.
- Supporting children's interested in bugs
- bringing in hay, chalk paint on a board, tractor tires with grass inside,
- Planting edible plants for another sensory experience
- gaining ideas from Pinterest and adapting to their program
- visit the ECCDC naturalized playspace webpage <https://naturalizing-play-spaces.eccdc.org/>
- The ECCDC are hopeful to be involving the community in PD sessions for 2022-2023. More information will follow. If you are interested in participating please let us know.
- Nature's Path Canada-Grant's 2023 information available on the website <https://www.naturespath.com/en-ca/gardens-for-good/>

Sharing photos and documentation of Spring happenings

- None were shared and participants were encouraged to send any photos of spring happenings for the spring network

QCCN Update

- Priyanka Tan is back from Maternity leave and Katie-Lynn will be moving from QCCN to the ECCDC Coaching and Mentoring team
- The next round of QCCN conversation Cafes are being developed. Please send any thoughts to Priyanka ptan@eccdc.org
- Conversation café dates will be advertised in the new ESTEEM and on the ECCDC website in the training & professional learning tab <https://eccdc.eccdc.org/>

ECCDC Services-please see the PPT

ECCDC Resources-lending library and E-store. Please see PPT

Next Steps

- Notes from this meeting will be posted on ECCDC website
- For future network dates and times, please refer to ESTEEM and look out for the networks e-blast.

