

## Niagara Infant and Toddler Educators Fall 2022 Network

15<sup>th</sup> September 2022

### Meeting Notes

#### ***Agenda***

- check-in-nothing added to the agenda

#### ***Welcome and Introductions***

-Participants introduced themselves and shared what they have been focusing on in their work, which included reconnecting with families as they are returning into programs and sharing what's new. Focusing on gross motor experiences and materials to support active children. Blocks are popular.

#### ***Mindfulness & wellbeing***

-Participants took part in a mindfulness moment. Please see PPT. And shared how they are supporting their well-being, which included using star gazing calming muse with the children (available from Amazon for \$30), being in the moment, calming breaths, embracing silence, laying on the gross motor mat with the children and being in the moment. Conversation regarding using mindfulness to support SEL learning; free SEL programs for preschool children are available from Random Acts of Kindness <https://www.randomactsofkindness.org/> and Harmony SEL

<https://www.harmonysel.org/>

#### ***Reflection on Resources***

--Prior to the network webinar participants reviewed Think, Feel Act: Lessons from Research chapter on environments. Please see attached.

-During the webinar participants viewed Think, Feel Act: Lessons from Research video

[https://www.youtube.com/watch?v=frwInhvOuS8&list=PLxmz9ERQlsZuYEh2gtLYHHlrk60NT\\_T-j&index=16](https://www.youtube.com/watch?v=frwInhvOuS8&list=PLxmz9ERQlsZuYEh2gtLYHHlrk60NT_T-j&index=16)

-Participants shared their thoughts on the chapter article and video. They are starting to bring back sensory play as recently they have not been having as much water play, play dough, sensory table activities but the children have enjoyed painting their faces, hands, and arms. Now

restrictions are lifting they can have more things out and are including more science activities. Also including dancing.

#### ***Sharing Resources, Photos & Documentation***

-None were shared.

#### ***Round Table Conversations-Brainstorming, Questions and Connections***

-Conversations took place around supporting active toddlers during time indoors-suggestions included including tires, mats, tunnels, logs to crawl on and over, steps indoors and tree cookies outdoors, lofts on different levels with steps and slides.

-Strategies were shared regarding how to cope when changing diapers at the end of the day, and other children wanting to play with water in the toilets. Suggestion included having chairs and books for the children, placing a laundry basket over the toilets, having puppets to play with.

-The ECCDC is developing new professional development sessions and are inviting community partners to participant by sharing ideas, participating in a Q&A during the session. Please see PPT for further details. If you are interested, please connect with Ginette Wilson [gwilson@eccdc.org](mailto:gwilson@eccdc.org) or Katie-Lynn Parkinson [kparkinson@eccdc.org](mailto:kparkinson@eccdc.org) if you are interested.

#### ***QCCN update***

-Please see PPT for details

#### ***Resources Available***

-Please see PPT for details

#### ***Next Steps***

- I look forward to seeing you at the Winter 2023 network meeting on Thursday the 26<sup>th</sup> of January at 7.00 pm <https://eccdc.eccdc.org/workshop-register/?ee=1168>