We wish to acknowledge the land that ECCDC is located on, is Thorold in Niagara, and is situated on the traditional territory of the Haudenosaunee and Anishinaabe peoples, many of whom continue to live and work here today. One of the earliest names for the Region of Niagara is Onguiaahra and is on the territory which is covered by the Upper Canada Treaties and is within the land protected by the Dish With One Spoon Wampum agreement. Today this gathering place is home to many First Nations, Métis, and Inuit peoples and by acknowledging them we are sharing our respect and appreciation of the resources we have received from the land and our friendship with Indigenous peoples.



1

Licensed Child Care Supervisors Winter 2023 Network

Agenda

- Welcome and Introductions
- Mindfulness & wellbeing
- Reflection on Resources
- Sharing Resources, Photos & Documentation
- Round Table conversations-Brainstorming, Questions and Connections
- QCCN update
- Resources Available
- Next Steps



2

Welcome and Introductions

 We invite participants to say good evening and share a one word goal/focus for the year

"A word can't be broken. It serves as a reminder, a filter. It's who you want to be instead of what you regret."

-My One Word: Change Your Life with Just One Word



Mindfulness at Work – Devereux Centre for Resilient Children



4

Mindfulness at Work – Devereux Centre for Resilient Children



5

5-4-3-2-1 Grounding Exercise

- **5 LOOK**: Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.
- 4 FEEL: Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.
- **3 LISTEN:** Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.
- 2- SMELL: Say two things you can smell. It's okay to move to another spot and sniff something. If you can't smell anything at the moment then name your 2 favourite smells.
- 1 NAME: Name 1 good thing about yourself.

Mindfulness at Work – Devereux Centre for Resilient Children



	Reflection on Reso	ircas	
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	How did it feel to complete the DERLS?	Devereux Resilient Leadership Survey (DRLS): An INTRODUCTION The Park Not for your interest in the	
	After completion, were you able to highlight your strengths?	Thosis you for your interests in the Decrease Affiliation (Incidentity Survey). Animals Accordings that animals is provided in a think of the Comparison of the Accordings that animals is provided in the Comparison of the Accordings that animals is an important animal to propose count for the according to the Comparison of the According to the According to the Acc	
	How could you use this tool to inform next steps and build resilient leadership?	* Instruct Market ** Light designate stores the field has a soon of secondary, also the compaly, field ** Light designate stores the field has a soon of secondary, also the compaly, field gave by prime and options. The sound to sharp market field has been designed ** Light designate the secondary of the sound of larger freed field which were designed ** Light designate the supplies contained part of larger freed field freed fre	
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	Round Table Discus	sion	
	 Brainstorming Challenges 		
	• Questions & Connections		

QCCN Update

- Niagara Region Children's Services has sent out a memo to licensed child care centres for QCCN and the level of supports for 2023. If you have any questions, please reach out to Priyanka Tan or Sharon Milne.
- For further information, suggestions on future Conversation Café topics and support implementing QCCN Tools and Resourcces, please contact Priyanka Tan, Quality Child Care Niagara Coordinator, at ptan@eccdc.org or 905-646-7311 ext. 306



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Resources related to Supporting Educator Teams with Planning Indoor Environments







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ECCDC Support and Resources	
• How can ECCDC support you, your staff & your	
program?	
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Want to Know More about ECCDC Services?	
 Check us out online at www.eccdc.org or in person at 3550 Schmon Parkway, Thoroid. 	
 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? 	
 The ECCDC E-store is currently being updated to serve you better. Please feel free to visit http://www.eccdc.org/E-store for updates or contact eccdc.org.org.org/e-store orgound 1304 to place orders directly with our Resource Staff Team. 	
 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. 	
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Next Steps	
What would the network like for next steps?	
what would the network like for next steps:	
• Next meetings -Thursday May 4 th , 2023 9:30 am to 11 am	
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