



## The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 13

Engage in webinars and access new resources, websites and other virtual learning to support your ongoing journey and well-being.

### Resources for Information on Covid-19

- Government of Ontario Ministry of Education Operational Guidance during COVID-19 Outbreak – Child Care Re-Opening: [click here](#)
- Government of Canada Parenting during COVID-19: [click here](#)
- Government of Canada Pregnancy, Childbirth and Caring for Newborns: Advices for Mothers during COVID-19: [click here](#)
- Government of Canada Navigating Financial Help During COVID-19: [click here](#)
- Government of Ontario Action Plan 2020: Responding to COVID-19: [click here](#)
- Niagara Region COVID-19 Statistics: [click here](#)
- Ministry of Health Ontario Public Health Unit Locator: [click here](#)
- Niagara Region Public Health Daily Covid-19 Updates: [click here](#)
- Niagara Region Service Closures and Disruptions Update: [click here](#)
- Ontario Government Supporting Parents as Economy Reopens: [click here](#)
- Government of Ontario Emergency Shelters for Women and Children: [click here](#)
- Government of Ontario Indigenous Individuals and Families Supports: [click here](#)



“Teaching is the greatest act of optimism.”

– Colleen Wilcox



## Online Webinars and Training for Educators and Administrators

- PRO's 25th Anniversary Educational Forum – **Starting June 17, 2020 at 2:00pm: [click here](#)**
- Creating Diversity-Rich Environments for Young Children – **June 26, 2020 at 2:00pm: [click here](#)**
- Heart-Centered Leadership: Create an Inspiring Work Environment With a People-Centric, Nature-Based Approach – **August 12, 2020 at 2:00pm: [click here](#)**
- The Magic Triangle of Reading Aloud: The Book, the Child, and the Adult – **August 19, 2020 at 2:00pm: [click here](#)**
- Inspired to Learn - The 3 Rs for Children's Learning in a Covid-19 World (Reflect, Reassess, and Reimagine) **eCourse: [click here](#)**
- Story Power: Help Children Grow and Thrive in Today's World **eCourse: [click here](#)**
- Don't Look Away: Embracing Anti-Bias Classrooms (**Recording**): [click here](#)
- Redefining Normal During COVID-19 (**Recording**): [click here](#)
- Families Canada Early Childhood Development in a Time of Pandemic: Prosocial Behaviour Episode 3: [click here](#)
- From Surviving to Thriving – Children Sheltering at Home (**Recorded**): [click here](#)

## Online Podcasts and Videos

- Talking Race with Young Children Podcast: [click here](#)
- How COVID-19 Has Changed The Child Care Conversation Podcast: [click here](#)
- NASA's Curious Universe Podcast: [click here](#)

## Diversity and Inclusion Resources

- Entire CNN/Sesame Street Racism Town Hall: [click here](#)
- We Know How This Ends. It's Time to Share the Pen and Rewrite the Story: [click here](#)
- Guide for Selecting Anti-Bias Children's Books: [click here](#)
- ACHIEVE Diversity and Culture – Strategies for Working with Differences (**Recorded**): [click here](#)

## Small Business Resources and Remote Office Environments

- Rebuild Your ECE Program for the New Normal: Part 2- Marketing & Staffing – **July 16, 2020 at 2:00pm: [click here](#)**
- 10 Tips for Re-orienting Workers as Businesses Re-open: [click here](#)
- MoneyTalk Suddenly Working from Home? Here's how to claim expenses: [click here](#)
- Leading Groups Online: [click here](#)



## Early Learning Websites

- Childcare Resource and Research Unity (CRRU) Highlights of a National Survey: [click here](#)
- Settling Children Back into your Learning Service after Lockdown: [click here](#)
- Childcare Resources and Research Unit (CCRU) Re-opening Child Care Centres Provincial/Territorial Guidelines: [click here](#)
- College of Early Childhood Educators (CECE) COVID-19 Updates: [click here](#)
- Ontario College of Teachers - COVID-19 News, Resources and FAQ: [click here](#)

## Health and Wellness

- Chair Yoga – 10 Minute Easy Stretch Break From The Desk: [click here](#)
- Families Canada and Frog Hollow Neighbourhood House Seniors Zoom Dance Parties, Tai Chi, and Exercise Groups: [click here](#)
- 10 Wise Sayings From Buddha That Will Have A Profound Effect On Your Life: [click here](#)
- Brock University Home Workouts: [click here](#)
- Devereux Centre for Resilient Children – Let's Practice Empathy: [click here](#)
- Brené Brown on Empathy: [click here](#)
- World Health Organization Wash your Hands with Peppa Pig: [click here](#)
- Families Canada Countering Compassion Fatigue: [click here](#)
- The Nearly Impossible Balance for Working Mothers during Pandemic: [click here](#)

## Resources for Working With Children of All Ages

- Government of Canada Colouring Pages to Help Children Learn about COVID-19: [click here](#)
- Inspired to Learn – Songs and Rhymes for Babies and Beyond: [click here](#)
- Connecting the Brain to the Rest of the Body: Early Childhood Development and Lifelong Health Are Deeply Intertwined: [click here](#)
- Front Yard Birthday Party – Creative, Elegant and Memorable: [click here](#)
- Getting Parents Ready to Return to Childcare During COVID-19: [click here](#)
- Mothers Matter Centre's Stay 'N' Play: [click here](#)
- COVIBOOK I am a Virus by Manuela Molina: [click here](#)
- Science Fun for Everyone! [click here](#)



## Outdoor Activities

- Vegetable & Herb Gardening Tips for Beginners: [click here](#)
- 50 Fun Things to Do Outside With Kids as a Family: [click here](#)
- Bringing Nature Indoors: [click here](#)
- Exploring Nature with Children A Guided Journal: [click here](#)

## Cultural and Entertainment Opportunities

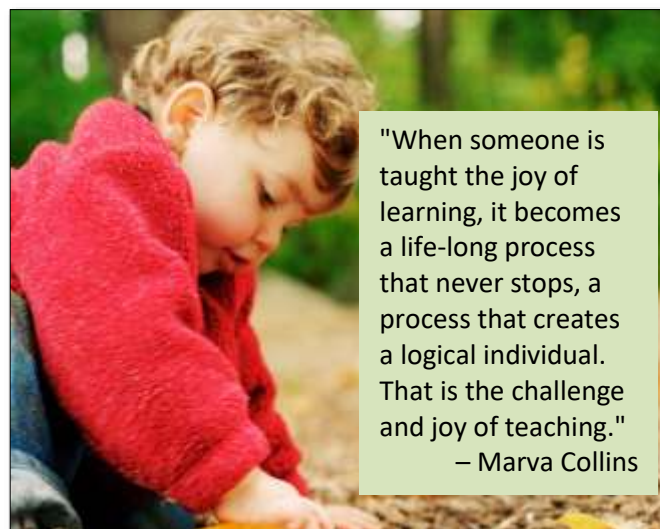
- NASA Live Stream International Space Station Expedition 63 In-Flight Interviews – June 16, 2020: [click here](#)
- Explore some of the permanent collections at the Royal Ontario Museum: [click here](#)
- WhatsOnStage Streaming Stage Shows, Musical and Opera: [click here](#)
- Free Introductory Piano Session by Irene Stephenson Piano: [click here](#)

## Uplifting Story of the Week

- Optimism in the Face of Covid-19 Laura J. Colker, Ed.D: [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.

## For Further Information Regarding Early Childhood Community Development Centre's Services During Covid-19

- [click here](#)
- **Free Resource Highlight**
  - Branching Out: Resource Updates to Support the Growth and Goals of Educators – Issue 3: [click here](#)
  - Looking Forward: Webinars and Resources Related to Reopening Businesses - Issue 2: [click here](#)
  - Upcoming QCCN Webinar and QCCN Community Conversation Café: [click here](#)



"When someone is taught the joy of learning, it becomes a life-long process that never stops, a process that creates a logical individual. That is the challenge and joy of teaching."  
– Marva Collins