



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 20

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 Public Health – How to Wash your Hands: [click here](#)
- Government of Ontario Public Health – Recommended Steps: Putting On Personal Protective Equipment (PPE): [click here](#)
- Government of Ontario the COVID Alert Mobile App: [click here](#)
- Niagara Region Face Covering By-law: [click here](#)
- Niagara Region COVID-19 Statistics: [click here](#)

Online Webinars and Training for Educators and Administrators

- Conscious Leadership: The Power of Unity (webinar cost) – **August 24, 2020 from 2:00pm: [click here](#)**
- Continuous Improvement in the Era of COVID-19: Using a Guided Process Approach – **September 17, 2020 at 2:00pm: [click here](#)**
- Engage Families and Staff about COVID-19 Protocols Using Using Media Literacy – **September 24, 2020 at 2:00pm: [click here](#)**
- Executive Function and Challenging Behavior: A New Approach – **September 30, 2020 at 2:00pm: [click here](#)**
- Cultivating Connections After Trauma: Relationship Equity in Your Classroom (Recording): [click here](#)
- Promoting Resilience and Hope in Times of Trauma (Recording): [click here](#)
- Interactions at the Heart of Healing: CLASS-based Strategies for Supporting Teachers and Children (Recording): [click here](#)



Online Podcasts and Videos

- Early YearsTV - Ali McClure on Brilliant Behaviour: [click here](#)
- Building Resiliency Podcast: [click here](#)
- Women at Work Podcast - Starting Your Career in a Pandemic: [click here](#)
- NASA's Curious Universe – We're Going to Mars! [click here](#)

Diversity and Inclusion Resources

- 8 Types of Curriculum Modifications for Inclusive Preschool Classrooms: [click here](#)
- 12 Ways to Support Families of Students with Disabilities: [click here](#)
- Supporting Students and Staff After COVID-19: [click here](#)
- "What About People Like Me?" Teaching Preschoolers about Segregation and "Peace Heroes": [click here](#)

Small Business Resources and Remote Office Environments

- Stress at Work: [click here](#)
- Dealing with Employment Gaps in Résumés: [click here](#)
- Resources to Support Health and Wellness While Working Remotely: [click here](#)
- Creating a More Compassionate Workforce through Meditation: [click here](#)
- 5 Tips for Communicating with Employees During a Crisis: [click here](#)
- 6 Ways to Avoid Isolation Fatigue While Balancing the Demands of Remote Work: [click here](#)
- Positive Affirmations in the Workplace: Impact, Tips and Examples: [click here](#)
- Virtual Planning Do's and Don'ts: [click here](#)

Early Learning Websites

- College College of Early Childhood Educators COVID-19 Updates: [click here](#)
- The Canadian Council of Montessori Administrators (CCMA) Updates: [click here](#)
- Child Care Canada Now Blog Resources and Updates: [click here](#)



Health and Wellness

- What Is Self-Care—And How Does Anyone Have Time For It? [click here](#)
- Overwhelm and Burnout – What’s the Difference? [click here](#)
- Surviving Tough Times by Building Resilience: [click here](#)
- A Guided Lunchtime Meditation For During Work (Follow Along): [click here](#)
- Stress Management: [click here](#)
- A Guided 10-minute Meditation for Calm and Relaxation: [click here](#)
- Walking During Lunch Can Create A Better Work Day: [click here](#)
- 5-Minute Meditation You Can Do Anywhere: [click here](#)
- Using Affirmations - Harnessing Positive Thinking: [click here](#)
- How to Handle Social Distancing Rule Breakers, According to Etiquette Experts: [click here](#)

Resources for Working With Children of All Ages

- Supporting Children’s Language and Preventing Challenging Behaviors at Home (Recorded): [click here](#)
- Cooking with Kids of Different Ages: [click here](#)
- Canada Food Guide - Healthy Food Choices: [click here](#)
- 100 Summer Fun Ideas for Kids and Parents: [click here](#)
- Stargazing with Children: [click here](#)
- The Art of Observation: [click here](#)
- Weather Chart Graph for Preschool: [click here](#)
- Tornado in a Jar - Science Experiment: [click here](#)
- A Year of Play for each Month: [click here](#)

Outdoor Activities

- 14 Outdoor Dining Space Ideas for the Perfect Summer Staycation: [click here](#)
- Why Outdoor Play is Important to Childhood Development: [click here](#)
- Bird Watching: [click here](#)
- Early Years Outdoor COVID-19 Protocols and Practice: [click here](#)



Cultural and Entertainment Opportunities

- Etsy Summer Market – **August 16, 2020 from 11:00am:** [click here](#)
- Melissa Etheridge Live Stream Concert – **August 18, 2020 at 6:00pm:** [click here](#)
- Wildlife Photography Exhibition – **August 19, 2020 from 7:00am:** [click here](#)
- Taste of the Middle East Toronto Festival 2020 – **August 29, 2020:** [click here](#)

Uplifting Story of the Week

- Community Helps Family Get Service Dog For Son: [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**
 - QCCN Webinars: [click here](#)
 - Looking Forward: Webinars and Resources Related to Reopening Businesses – Issue 4: [click here](#)
 - ECCDC's Growing Together Blog: [click here](#)