



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 21

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 Provides More Supports for Families of Children on the Autism Spectrum: [click here](#)
- Government of Canada Coronavirus (COVID-19) and Indigenous Communities: [click here](#)
- Public Health Agency of Canada – Preventing Covid-19 in the Workplace: [click here](#)
- Niagara Region COVID-19 Statistics: [click here](#)

Online Webinars and Training for Educators and Administrators

- Grow to Greatness Virtual Seminar – Leadership Post COVID-19 – **August 25, 2020 from 10:00am**: [click here](#)
- Whole Child Learning in the Outdoor Classroom (webinar cost) – **August 25 or 27, 2020 from 12:00pm**: [click here](#)
- Tips for Supporting Resilience and the DECA Program during a Pandemic – **August 26, 2020 from 2:00pm**: [click here](#)
- Developing Family Support & Strengthening Networks: Where Do We Start? – **September 2, 2020 from 2:30pm**: [click here](#)
- An Overview of the Standards of Quality for Family Strengthening & Support – **September 9, 2020 from 2:30pm**: [click here](#)
- Rubber Bands and Umbrellas! 5 Practical Strategies for Helping Parents Understand Risk Factors, Protective Factors and Resilience – **September 16, 2020 from 2:00pm**: [click here](#)
- Key Strategies to Resilient Leadership (Recorded): [click here](#)

Online Podcasts and Videos

- Early YearsTV Play, Parenting and Self Directed Education: [click here](#)
- PathstoneTV Feelings and Self Awareness: [click here](#)
- The Early Childhood Nerd Podcast – One Diaper at a Time: [click here](#)
- Serve and Return: Supporting the Foundation Podcast: [click here](#)



Diversity and Inclusion Resources

- Are Your D&I [Diversity & Inclusion] Efforts Helping Employees Feel Like They Belong? [click here](#)
- Justice From the Streets to the Early Childhood Classroom (Recorded): [click here](#)
- Teaching Race & Inclusion In Child Care: [click here](#)
- Talking to Children About Racism: [click here](#)

Small Business Resources and Remote Office Environments

- Tips for Hiring Childcare Workers During COVID-19: [click here](#)
- How to Make Strong Contactless Connections With Parents: [click here](#)
- 6 Ways to Boost Enrollment During COVID-19: [click here](#)
- How employee and executive goals intersect through wellness: [click here](#)
- Over-communication is Key during any Crisis — but especially COVID-19: [click here](#)
- The Implications of Working without an Office: [click here](#)

Early Learning Websites

- Ontario College of Teachers - COVID-19 News, Resources and FAQ: [click here](#)
- Childcare Resource and Research Unit (CRRU) Blog Update: [click here](#)

Health and Wellness

- Why Your Team Should Practice Collective Mindfulness: [click here](#)
- Caring for Yourself: [click here](#)
- Stress and Your Child: [click here](#)
- Burnout Prevention and Treatment: [click here](#)
- Quick Stress Relief: [click here](#)
- YMCA at Home: Easy to Follow Pilates! [click here](#)



Resources for Working With Children of All Ages

- InBrief: Connecting the Brain to the Rest of the Body: [click here](#)
- Kindness Color Mixing Activity: [click here](#)
- The Importance of Self-Regulation in the Classroom: [click here](#)
- Prevention Techniques to Address Challenging Behaviors: [click here](#)
- How to Adapt the Curriculum and the Pedagogy Now? [click here](#)
- Shadow Drawing for Kids: [click here](#)
- Making a Paper Plate Sundial: [click here](#)

Outdoor Activities & Resources

- The Natural Art of Seeing: [click here](#)
- Outdoor Learning Opportunities for Healthy Students: [click here](#)
- Camp Tinkergarten Set up Guide: [click here](#)
- Benefits of Learning in the Natural Environment: [click here](#)

Cultural and Entertainment Opportunities

- Movie Night in the Park at Coronation Park Grimsby – **August 23, 2020 from 8:30pm:** [click here](#)
- Live.Love.Jazz.Series – **August 28, 2020 from 7:00pm:** [click here](#)
- Virtual 5km Run4Change at Toronto – **August 30, 2020:** [click here](#)
- FirstOntario Performing Arts Centre – The Film House at Home: [click here](#)

Uplifting Story of the Week

- Join the Big Move Cancer Ride to Support Local Cancer Care: [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](#)