



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 36

Explore your personal professional learning goals through a variety of webinars, resources, websites, and other virtual learning opportunities that support your ongoing journey and well-being.

Online Webinars and Training for Educators and Administrators

- Black Lives Matter at School: Early Childhood Edition – **March 17, 2021** from **5:00 pm to 6:30 pm**: [click here](#)
- Simple Strategies for Stressed Educators **March 23, 2021** from **6:30 to 8:30 pm**: [click here](#)
- Behavior Awareness & Self-Regulation **March 29, 2021** from **6:30 to 8:30 pm**: [click here](#)
- Impacts of Domestic Violence on Children and their Families **April 7, 2021** from **6:30 to 8:30 pm**: [click here](#)
- Sensory Workshop **May 6, 2021** from **6:30 to 8:30 pm**: [click here](#)

Resources for Information on Covid-19

- Coronavirus disease (COVID-19) Updates for Canada: [click here](#)
- Provincial and territorial resources for COVID-19: [click here](#)
- Public Health Ontario: [click here](#)
- Latest COVID-19 Updates for Ontario: [click here](#)
- Niagara Region COVID-19 Statistics: [click here](#)
- College of Early Childhood Educators COVID-19 Updates: [click here](#)
- Ontario Providing Additional Financial Support for Young Learners: [click here](#)
- Roots of Empathy – Covid-19 Resources: [click here](#)
- Connect Families to COVID-19 Benefits and Relief: [click here](#)



Health and Wellness

- COVID-19, Nutrition and Lifestyle Factors in the Canadian Population **Wednesday, March 17, 2021** from **12:00 to 1:00 pm EST**: [click here](#)
- Digging in to the social and environmental factors that shape eating patterns: Implications for health and the environment **Thursday, March 18, 2021** from **9:30 to 11:00 am**: [click here](#)
- International Social Emotional Learning day March 26, 2021: [click here](#)
- 10 Ways to Stay Healthy as an Early Childhood Educator: [click here](#)
- Coping Skills for Kids Activities: [click here](#)
- A Simple Compliment Can Make a Big Difference: [click here](#)
- How to be more present: [click here](#)
- Everyday Mental Health Classroom Resource: [click here](#)
- How To Adjust Your Sleep This Week So You're Ready For Daylight Savings Jolt: [click here](#)
- Making Connections Through Story: More Than Just Buttons: [click here](#)
- Talking Self Love: Be Easy on Yourself: [click here](#)

Online Podcasts and Videos & Early Learning Websites

- The Canadian Child Care Federation – Family Child Care Training: [click here](#)
- The Raffi Foundation – A Course in Child Honouring: [click here](#)
- Child Care and Early Years Act Regulation Updates: [click here](#)
- Beyond the pandemic: Rising up for a Canada free of poverty: [click here](#)
- Moving from private to public processes to create child care in Canada: [click here](#)
- 10 Activities for Teaching Young Children About Emotions: [click here](#)
- Designing Classroom Routines: [click here](#)
- Nurturing Your Child's Independence: [click here](#)
- 4 Tips for Using Positive Descriptive Feedback with Students: [click here](#)
- Pandemic-Induced Toddler Regression: [click here](#)
- Valuing Diversity: Developing a Deeper Understanding of All Young Children's Behaviour: [click here](#)
- Raising Good Parents: [click here](#)
- 6 Traits and Skills Child Care Workers Should Have: [click here](#)



Small Business Resources and Remote Office Environments

- Digital Presence Grant: [click here](#)
- Financial Supports Available to Small Businesses: [click here](#)
- The federal government subsidy (CERS) designed to assist with commercial rent or property expenses has been reconfigured. For more info: [click here](#)
- The Canada United Small Business Relief Fund has been extended: [click here to apply](#)

Outdoor Activities & Resources

- Canadian Child Care Federation Outdoor Play Series: [click here](#)
- ECCDC Winter Mindfulness Walk: [click here](#)
- Nature therapy: Motivated by Nature: [click here](#)

Want to Know More about ECCDC Services?

- Check us out online at www.eccdc.org or in person at **3550 Schmon Parkway, Thorold**.
- We have moved our office location and are re-opening to the public on Monday March 15, 2021. Call the ECCDC at 905.646.7311 for our hours. We will continue to offer curbside drop off and pick up if that is your preference. Please contact the ECCDC at 905.646.7311 ext. 304 to make arrangements.
- We offer 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? We offer an online **EStore** of items including Personal Protective Equipment: [click here](#)
- We support early learning programs with organizational supports including indoor and outdoor environmental design services, team building, board development, curriculum planning and everything in between!
- We offer 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.

Uplifting Stories of the Week

- Watch These Musicians Play Instruments Carved From Ice Inside Acoustic Igloo Concert Hall: [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.