



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 37

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

- Reflecting Upon Your Work in the Early Years and Keeping Your Passion Lit in Uncertain Times - **April 15, 2021** from **6:30 to 8:00 pm**: [click here](#)
- Empowering Parents as Partners in Their Children’s Play - **April 24, 2021** from **9:30 to 11:00 am**: [click here](#)
- What *does How Does Learning Happen?* look like with Families? **April 28, 2021** from **6:30 to 8:00 pm**: [click here](#)
- Understand The Roots of Anti-Asian Racism to Build Asian Allyship in Early Learning Programs - **April 29, 2021** from **2:00 to 3:30 pm**: [click here](#)
- Take it Outside! A Nature Perspective Series Session 1: Innovative Ways to Use Natural Loose Parts - **April 29, 2021** from **6:30 to 8:00 pm**: [click here](#)
- STEAM Series Session 1: STEAM Rich Environments - **May 3, 2021** from **6:30 to 8:00 pm**: [click here](#)
- Illuminating the “Care” in Early Care and Education: The Pedagogy of Child Care - **May 5, 2021** from **2:00 to 3:30 pm**: [click here](#)
- Sensory Workshop **May 6, 2021** from **6:30 to 8:30 pm**: [click here](#)

Resources for Information on Covid-19

- Ontario Moving to Phase Two of COVID-19 Vaccine Distribution Plan: [click here](#)
- 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](#)



Spring Activities

- 50 Fun Recipes to Make with Kids Over Spring Break: [click here](#)
- A Month of Healthy Family Dinner Ideas for Spring: [click here](#)
- Dandelion Jam: [click here](#)
- Growing Vegetables in Containers: [click here](#)
- Gardening with Brother Nature: Video Series: [click here](#)
- 35 Outdoor Spring Activities for Kids: [click here](#)
- 12 Fun Spring Garden Crafts and Activities for Kids: [click here](#)

Health and Wellness

- The Worry Monster Campaign (Pathstone Mental Health): [click here](#)
- Harnessing Fierce Self-Compassion with Dr. Kristin Neff: [click here](#)
- Accepting Our Bodies Through Fierce Self-Compassion with Dr. Marta Alonso: [click here](#)
- Meditations: [click here](#)
- A Little Recognition Can Provide a Big Morale Boost: [click here](#)
- Activity and Ideas Guide Nutrition Month 2021: [click here](#)
- Buon Appetito: Sharing a Love of Food with Infants and Toddlers: [click here](#)
- Tiffany Shlain on Unplugging: [click here](#)
- Jay Shetty on Mindfulness: [click here](#)
- Rupri Kaur on Finding Your Voice: [click here](#)
- Adam Grant on the Power of an Open Mind: [click here](#)
- How to Stay Optimistic: [click here](#)
- Being Your Own Cheerleader: [click here](#)



Online Podcasts and Videos & Early Learning Websites

- Child Care Guidance: [click here](#)
- EarlyON Guidance: [click here](#)
- Before and After School Guidance: [click here](#)
- Children's book series, Branches of the Vine, written by St. Joseph's Hospital Nurse: [click here](#)
- The Louvre online tour: [click here](#)
- Hospice Niagara Grief Workshops: [click here](#)
- Your Loose Parts Kit at Home: [click here](#)
- The Importance of Questioning: [click here](#)
- Healthy Risk Taking: [click here](#)
- 4th Canadian National Fatherhood Conference - Side by Side: Celebrating the Diversity of Fatherhood - **May 12, 2021 to May 13, 2021**: [click here](#)
- Singing and Moving in the Time of COVID-19: [click here](#)
- Baking Math for Families and Young Children: [click here](#)
- Breaking Down STEAM for Young Children: [click here](#)
- Podcast - Supporting Children with Developmental Delays and Autism: [click here](#)
- The Ties That Bind: Forging Loving Relationships Between Children, Parents, and Grandparents During the Pandemic: [click here](#)
- Partnering with Families from a Distance: [click here](#)

Small Business Resources and Remote Office Environments

- How Has the Past Year Changed You and Your Organization? [click here](#)
- 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 Wildlife Federation Gardening For Wildlife Course – **April 21 to May 19, 2021: [click here](#)**
- Canadian Wildlife Federation - Planting Seeds for Wildlife: [click here](#)
- Mother Natured: [click here](#)
- Healing in the forest: a guide to forest bathing, Shirin-yoku: [click here](#)
- Niagara Hiking Trails: [click here](#)
- Earth Hour Virtual Spotlight: [click here](#)
- Why 'grow it and don't mow it' is ideal spring gardening tactic: [click here](#)
- Outdoor Education Tip: Telling Engaging Stories: [click here](#)
- Outdoor Education Tip: Water Play: [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 are open for safe curbside pick up and drop off of resources. We are also making resource deliveries directly to centres. 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

- Piano Playing Neighbours: [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.