



## The Couch Exchange: Professional Learning Opportunities and Resources - March 2022

Issue 43

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

- Webinar - Vicarious Trauma: Strategies for Resilience – **Tuesday March 22, 2022** from **6:30 to 9:00 pm**: [click here](#)
- Webinar - The Exponential Power of Recognition: Love Your Job & Reject Burnout, with Sarah McVanel – **Wednesday March 23, 2022** from **6:30 to 8:30 pm**: [click here](#)
- Webinar - Building a Peaceful, Joyful and Calm Early Years Classroom **Thursday March 24, 2022** from **6:30 to 9:00 pm**: [click here](#)
- Webinar - Cultivating a Caring Culture: Tips for Executive Directors, Program Managers & Supervisors, with Debbi Sluys – **Friday March 25, 2022** from **12:00 to 2:30 pm**: [click here](#)
- Webinar - Expanding Children's Block and Construction Play Series, Session 3 – **Tuesday March 29, 2022** from **6:30 to 9:00 pm**: [click here](#)
- Webinar - Supporting Diversity & Inclusion, Session 1: The Reflective Professional – **Tuesday March 29, 2022** from **6:30 to 9:00 pm**: [click here](#)
- Webinar - Considerations for Unique Program Design; Session 4 in Pandemic Reflections Series for Administrators – **Wednesday March 30, 2022** from **12:00 to 1:30 pm**: [click here](#)
- Webinar - Implementing the Code of Ethics and Standards of Practice & Our CPL Program into Daily Practice, Session 3 – **Thursday March 31, 2022** from **6:30 to 8:30 pm**: [click here](#)



## March Break: March 14 to 18

- Niagara Families Things to Do: [click here](#)
- Niagara Falls Museums: [click here](#)
- Niagara Parks: [click here](#)
- Welland Public Library offering graffiti and beatboxing bootcamps as part of their virtual March break programming: [click here](#)
- 2022 March Break Activities in Toronto, GTA and Hamilton: [click here](#)
- Family-Friendly Events Happening Over March Break 2022: [click here](#)
- Things to Do for March Break in Ontario: [click here](#)

## Spring: March 20

- Canada's Spring Forecast: [click here](#)
- First Day of Spring 2022: The Spring Equinox: [click here](#)
- Spring Activities for Families: [click here](#)
- 50 Fun Family Spring Activities: [click here](#)
- Spring Bucket List: Fun Spring Activities To Do With Kids: [click here](#)
- Spring Activities for Family Fun: [click here](#)
- The Ultimate Guide to the Best Spring Activities: [click here](#)

## World Storytelling Day: March 20

- World Storytelling Day 2022: [click here](#)
- Storytellers of Canada: [click here](#)
- World Storytelling Day: [click here](#)
- National Today – World Storytelling Day: [click here](#)



## Diversity and Inclusion

- Let's Dig Deep: Culturally Responsive: [click here](#)
- Defining Empathy: [click here](#)
- Creating Diversity, Equity and Inclusion in Early Childhood Education: [click here](#)
- Diversity, Equity & Inclusion in the Early Childhood Classroom: [click here](#)
- The ABCs of Diversity and Inclusion: Developing an Inclusive Environment for Diverse Families in Early Childhood Education: [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](#)
- Roots of Empathy – Covid-19 Resources: [click here](#)
- Coping with COVID-19: [click here](#)
- Coronavirus Resources for Early Childhood Professionals: [click here](#)

## Health and Wellness

- 5 Tips to Help Your Body Adjust to the Time Change: [click here](#)
- How to Prep Your Body for Turning the Clocks Ahead for Daylight Saving Time: [click here](#)
- Daylight Saving Time: 4 Tips to Help Your Body Adjust: [click here](#)
- Help Kids Adjust to Daylight Savings Time: [click here](#)
- 5 Ways to Help Kids Adjust to Daylight Saving Time: [click here](#)
- Simple Steps to Prepare Kids for Daylight Saving Time: [click here](#)



## Online Podcasts and Videos & Early Learning Websites

- Little Sprigs Podcast: [click here](#)
- Research in Leadership in Schools, Early Childhood Settings and Social Care Settings: [click here](#)
- Pre-K Teach and Play: [click here](#)
- Like You: Mindfulness for Kids: [click here](#)
- Truth for Teachers: [click here](#)

## Small Business Resources and Remote Office Environments

- The Small Business Guide to Working from Anywhere: [click here](#)
- Small Business Access: [click here](#)
- Government of Canada Small Business Services: [click here](#)
- Impact of COVID-19 on small businesses in Canada, fourth quarter of 2021: [click here](#)
- How to Work From Home: 24 Tips From People Who Do It Successfully: [click here](#)

## Outdoor Activities & Resources

- Rocking and Rolling. Fresh Air, Fun, and Exploration: Why Outdoor Play Is Essential for Healthy Development: [click here](#)
- Bringing the outdoors into early childhood education: [click here](#)
- Outdoor Play: [click here](#)
- Top Ten Tips for Teaching Outside: [click here](#)
- 10 Engaging Outdoor Learning Activities for Kids: [click here](#)



early childhood community development centre



## Want to Know More about ECCDC Services?

- Check us out online at [www.eccdc.org](http://www.eccdc.org) or in person at **3550 Schmon Parkway, Thorold.**
- We are open for members to visit onsite, safe curb-side 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.
- The ECCDC offers 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](#)
- Our organization supports early learning programs with organizational supports including indoor and outdoor environmental design services, team building, board development, curriculum planning and everything in between!
- The ECCDC designs and delivers 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

- Daylight Saving Time 2022: When Does the Time Change? [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.