



The Couch Exchange: Professional Learning Opportunities and Resources

Issue 47 • July 2022

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.

What's Happening in July

Canada Day July 1st

- Active For Life: Active ways to celebrate Canada at home: [click here](#)
- Government of Canada: [click here](#)
- Alternative Canada Day Ideas for the Family: [click here](#)
- Government of Canada: Canada Day Activity Kit: [click here](#)
- Fun Ways to Celebrate Canada Day: [click here](#)
- Healthy Recipes for Canada Day: [click here](#)

Teddy Bear Picnic Day July 10th

- Celebrating Teddy Bears Picnic Day: [click here](#)
- Teedy Bears Picnic-sung by Anne Murray: [click here](#)
- Teddy Bear Picnic Ideas: [click here](#)

Canada Parks Day July 16th

- Plant a Seed and See What Grows Foundation: Celebrating Canada's Parks Day: [click here](#)
- To Do Canada: Ontario Free Day Use July 15th: [click here](#)
- To Do Canada: Where to Get Your Free Parks Pass: [click here](#)



World Listening Day: Listening Across Boundaries July 18th

- World Health Organization: [click here](#)
- National Today: [click here](#)
- Childhood by Nature: tuning into the sounds of nature: [click here](#)
- Kids Activities .com: 20 fun games to build listening skills: [click here](#)

World Jump Day July 20th

- Hands On As We Grow: 10 jumping activities for kids: [click here](#)
- National Today United Nations: [click here](#)

International Friendship Day July 30th

- United Nations: [click here](#)
- Harvard Medical School: Can Relationships Boost Longevity? [click here](#)
- Buddy Benches: [click here](#)
- The Courier: Kids Celebrating their Buddies on Friendship Day: [click here](#)
- Twinkl - Top 10 International Day of Friendship Activities for Kids: [click here](#)
- International Friendship Activities for Preschoolers: [click here](#)

July is Picnic Month

- 60 Kid-Friendly Picnic Food Ideas: [click here](#)
- Celebrating National Picnic Month: [click here](#)
- DIY Ice Packs: [click here](#)

Online Podcasts and Videos & Early Learning Websites

- The Atkins Centre for Society & Child Development: [click here](#)
- The Hanen Centre: Children Who Lead Get the Language They Need: [click here](#)
- How Early Childhood Experiences Affect Lifelong Health and Learning: [click here](#)
- How-to: 5 Steps for Brain-Building Serve and Return: [click here](#)
- Celebrating Children's Differences with Jahidah Diaab - Podcast: [click here](#)



Diversity and Inclusion

- University of Nevada Reno: Inclusion in Early Childhood Programs: [click here](#)
- McCormick Center: The Impact of Race, Culture & Language on the Leadership Journeys of ECEC Leaders of Colour: [click here](#)
- McCormick Centre: Mirrors & Windows in Your Preschool Classroom: Adding approachable LGBTQ+ representation to your program through your shared library: [click here](#)
- NAEYC: Early Childhood Inclusion: [click here](#)
- Your Home Your Future Niagara Canada: Diversity, Equality Inclusion: [click here](#)
- Reflecting on Anti-bias Education in Action: The Early Years Film: [click here](#)

Health, Wellness and Safety

- 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](#)
- Youth Wellness Hubs Ontario: [click here](#)
- Help We've got Kids Health & Wellness: [click here](#)
- CDC Healthy Schools: Give your Kids a Healthy Body and Mind this Summer: [click here](#)
- CTRI: 8 Self-Care Tips for Helpers: [click here](#)



Outdoor Activities & Resources

- Run Wild My Child: 100 Summer Activities for Kids: [click here](#)
- Almanac: When to Harvest Vegetables and Fruit for the Best Flavour: [click here](#)
- Evergreen: Place Keeping: [click here](#)
- Canadian Museum of Nature: Family Fun: [click here](#)
- Outdoor Activities for Children: [click here](#)
- TVO Kids: Exploring Gabby's Farm: [click here](#)

Small Business Resources and Remote Office Environments

- Government of Canada Federal Apprenticeship Service: [click here](#)
- Worried about the Great Resignation: How Leaders Can Walk their Well-being Talk: [click here](#)
- Statistics Canada: Survey on Early Learning & Child Care Arrangements 2022: [click here](#)
- Same Day Books: St Catherines: [click here](#)

Uplifting Story of the Week

- CBC Kids - 12 year old boy flies to Poland with backpacks for Child Refugees: [click here](#)
- The Voice: Grand Reopening of Women's Place in Niagara: [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.



early childhood community development centre



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 members to visit onsite and also offer curbside pick up and drop off of resources. We also make 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** with resources, books, and more: [click here](#)
- Our organization offers early learning programs 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. [Click here](#) for a catalogue of customized offerings.