



The Learning Exchange: Quick Links For Inspiring Professional Growth

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

Professional Development

Virtual

- Virtual Outdoor Play Institute: Rethinking the Rules & Practices of Outdoor Play – **September 9 and 10, 2022: [click here](#)**
- Book Study: Love Builds Brains, Dr Jean Clinton (4 sessions) Session 1: An Introduction to the Brain, Attachment in the Early Years and the Importance of Serve & Return – **September 27, 2022: [click here](#)**
- Power Relations in Early Childhood – **September 27, 2022: [click here](#)**

In-person

- Re-Energizing Your Team Series: Session 1: Returning to Our Roots of HDLH? – **September 13, 2022: [click here](#)**
- Walking A Labyrinth – **September 14, 2022: [click here](#)**
- Raising Children’s Awareness About Residential Schools – **September 20, 2022: [click here](#)**
- Nurturing Mindfulness in Early Learning Series, Session 1: Taking Care of Ourselves as Educators – **September 22, 2022: [click here](#)**

September Highlights

Labour day – September 5

- 80 things to do in Ontario: [click here](#)
- St Catharine’s Merritton Lions Labour Day Weekend Community Carnival: [click here](#)
- Things to do in Hamilton: [click here](#)
- Things to do in Niagara Falls: [click here](#)



International Clean Air and Blue Sky Day – September 7

- United Nations: [click here](#)
- United Nations Environmental Programme: [click here](#)
- Clean Air Day Event Kit: [click here](#)
- How to celebrate with the family: [click here](#)
- Air pollution young people’s activity pack: [click here](#)
- 10 air quality activities & experiments: [click here](#)
- Teaching Kids About Air Pollution: [click here](#)
- Cloud watching with kids: [click here](#)

International Talk like a pirate day – September 19

- All you need to know: [click here](#)
- 18 ways to celebrate talk like a pirate day: [click here](#)
- How to celebrate talk like a pirate day: [click here](#)

World Heart Day – September 29

- National Today: [click here](#)
- Action for healthy kids: [click here](#)
- Raising healthy kids: Heart & Stroke: [click here](#)
- The importance of heart health in the early years: [click here](#)

National Day for Truth & Reconciliation – September 30

- Government of Canada: [click here](#)
- Bringing Reconciliation to the classroom: [click here](#)
- How to Talk to children about Truth and Reconciliation: [click here](#)
- Educational Resources for Children: [click here](#)
- Becoming a Teacher Ally: [click here](#)
- Orange Shirt Day Activities: [click here](#)



Early Learning Podcasts, Videos and Websites

- Outdoor Play Institute - **Wednesday September 7, 2022 at noon** and accessible anytime after: [click here](#)
- Something for school age programs - How to Prepare Girls for the Tech Revolution: [click here](#)
- Building language and literacy throughout the day - The Hanen Centre: [click here](#)
- Listening: A Key Cultural Competence - McCormick Center for Early Childhood Leadership: [click here](#)
- Play-based activities to improve children’s executive function, language, & motor skills – Psypost: [click here](#)
- Promoting Executive Function Skills in Preschoolers Using a Play-Based Program - Canadian research article: [click here](#)
- The Importance of Family Engagement - Michigan State University: [click here](#)
- After-school restraint collapse is a real thing - Today’s Parent: [click here](#)
- 10 Tricks for stopping a temper tantrum (includes emotional coaching strategies) - Today’s Parent: [click here](#)
- How to check if the CRA owes you money: [click here](#)
- Exploring Bubbles with Kids: [click here](#)
- For school age program - Young Canadian Parliament registrations are open: [click here](#) To find out more about YCP: [click here](#)
- Interactive Children’s Museum London: [click here](#)

Diversity and Inclusion

- Afrocentric book list for Infants, Toddlers & Preschoolers: [click here](#)
- Amplifying the Voices of Black Families & Educators: Challenging Anti-Black Racism in Early Childhood Environments - Research results presentation (Youtube): [click here](#)
- Gender Expression in Early Childhood - Himama podcast: [click here](#)
- Culturally Responsive recruitment & Retention of Quality Staff - Himama Podcast: [click here](#)
- Helping Black Men & Boys Find Peace Within - Mindful, Healthy Body Healthy Life: [click here](#)



Health, Wellness and Safety

- Coronavirus disease (COVID-19) Updates for Canada: [click here](#)
- Public Health Ontario - COVID-19 communication resources: [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](#)
- Coronavirus Resources for Early Childhood Professionals: [click here](#)
- Mindfulness in the Moment - **Free webinar September 3, 2022:** [click here](#)
- 11 Picture Books to Help Students Manage Their Worries – Edutopia: [click here](#)
- 5 Ways Schools can Respond to Students’ Anxiety: [click here](#)
- 5 Actions Towards Longevity as a Helper – CTRI: [click here](#)
- 6 Ways to Help Children Manage Anxiety in New Situations: [click here](#)
- After Social Isolation, Preparing Our Youngest Students to Thrive – Edutopia: [click here](#)
- Body Scan Meditation for Kids - Mindful, Healthy Body Healthy Life: [click here](#)
- What Science Says About the Power of the Outbreath - Mindful, Healthy Body, Healthy Life: [click here](#)
- How to help your kids keep their school jitters in check - Today’s Parent: [click here](#)

Outdoor Activities & Resources

- Outdoor teaching tips for writing opportunities in Rainy Weather - Juliette Robertson: [click here](#)
- Supporting Children During Risky Play. Himama Blog: [click here](#)
- Quick & Easy Craft for Squishy Balls, & Games Ideas - Active for Life: [click here](#)
- 100+ outdoor play activities for kids - Active for Life: [click here](#)
- The Simple Joy of Climbing Trees - Active for Life: [click here](#)
- Get Children Outside! The importance of Outdoor Play: [click here](#)



Back To School

- McMaster Children's Hospital getting families back on track for back-to-school: [click here](#)
- Hamilton Health Services - Back to School information: [click here](#)
- DCRC podcast: Consistency and Resiliency - Getting back to school as a family: [click here](#)
- 5 ways to make sure your back to school morning routine works - Today's Parent: [click here](#)
- Back to School Guide - Inspired to Learn: [click here](#)
- Get Ready for School Guide: [click here](#)
- Anna Olson's Quaker Oat Jam Streusel Squares: [click here](#)

Small Business Resources

- Exploring the business dynamic of self-employed child care service providers - Statistics Canada: [click here](#)
- The Time is Now: Why Canadian Non-profits must Digitize to Survive - Charity Village podcast: [click here](#)
- Designing Inclusive Discussion Webinar: [click here](#)
- REALTalk: Engaging in the up & coming Municipal Elections: [click here](#)
- Growth Mindset & Continuous Learning Pay off in Innovation: [click here](#)

Uplifting Stories

- Niagara College Alum Vies to become Canada's Top Chief: [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.