

Infant and Toddler Winter Community of Practice Meeting Notes

12<sup>th</sup> of February 2024

**Agenda**-Check-in. Nothing added.

**Welcomes and introductions**

-Participants introduced themselves, shared their program and many shared that they are hoping for more snow due to the lack of snow this year.

**Mindfulness Moment**

- Participants engaged in a Mindfulness activity. Please attached PowerPoint (PPT)
- And shared how they feel after engaging in mindfulness experiences.

**Reflection on resources-Trauma and children-newborns to two webpage** was

reviewed <https://www.betterhealth.vic.gov.au/health/healthyliving/trauma-and-children-newborns-to-two-years> and the video **Creating classrooms that build resiliency (understanding**

**Trauma in Early childhood)** from the Center for Early Childhood Education at Eastern Connecticut State University was viewed [https://www.youtube.com/watch?v=R-CQgh\\_gyLw](https://www.youtube.com/watch?v=R-CQgh_gyLw)

- Participants shared their thoughts.
- The resources highlighted the import role that educators play in supporting all children and how trauma informed practices support all children. Please review the website and video for strategies.
- Trauma Informed resources available for loan from the ECCDC lending library were shared- please see the PPT for details.
- Links to additional resources were also shared- please see the PPT.
- Alberta Family Wellness Trust 'Brain Story' certification in free <https://www.albertafamilywellness.org/training-2>

**QCCN Update**

- Please see update attached.

## ***Round Table Discussions-Braining storming ideas, and questions and connections***

- Participants celebrated successes within their infant & toddler programs which included using tidy up songs to successfully engage the children in tidying up and celebrating this with the children, and infant educators working with a family to provide a smooth transition for a young infant into an established group of older infants.
- A challenge shared include a toddler who is very hands-on. Participants shared strategies that thy have used which included giving reminders about helping hands and encouraging high 5's when they notice the urge to be hands-on, redirecting to different areas when upset, supporting children to recognize when they are upset and offering strategies to the children when they are upset i.e. stamping their feet, identifying potential triggers in the environment, routine etc., using the ABC model.

***Sharing photos and documentation of Winter happenings*** -No photos or documentation was shared.

- Participants shared that when it has been too cold to go outside that they are bringing snow inside for sensory play.

## ***ECCDC Services***

-lending library delivery service was highlighted. Please see the PPT for all ECCDC resources.

## ***ECCDC Resources***

-new lending library resources for infants and toddlers were shared. Please see PPT

## ***2024 Workplan***

- Participants would like to visit other infant and toddler programs for the Spring network.
- Participants shared that 6.30 to 8.00pm is a good time for them to attend the meetings.
- No suggested for potential discussion topics were shared and participants were asked to send any thoughts on discussion topics to Ginette [gwilson@eccdc.org](mailto:gwilson@eccdc.org)

***Next Steps***

- Notes from this meeting will be posted on ECCDC website  
<https://www.eccdc.org/professional-learning/networks/infant-toddler-network>
- Look in your inbox for the venue for the Spring meeting taking place on the 24<sup>th</sup> of April.

