

Infant and Toddler Spring Network Meeting Notes

18th of May 2023

Agenda-Check-in. Nothing added

Welcomes and introductions Participants introduced themselves, shared the program they work in and what they have been working on since our last meeting.

- Focusing on language, vocabulary, self-help skills, potty training, shapes, colours, and seasonal changes.
- Children are interested in spring changes; squirrels, insects and birds including feeding and nests.
- Being outdoors and having snack outdoors.
- Biting is an issue so working with the children to address this.
- International mud day, June 29th, was discussed. Please see PPT for useful link.

Mindfulness Moment- Participants engaged in a Mindfulness activity. Please attached PowerPoint (PPT)

- Conversations took place around how this activity could be adapted to use with young children by painting the children's hands to support the sensory experiences and speaking to how it feels supporting children to label feelings-modeling/giving children the language.
- Participants shared coping strategies for infants & toddlers that they use in programs to support children with emotions-giving hugs, using cozy areas, offering stuffies, physical contact, developing attachments, sensory experiences, stories and setting up environments.

Reflection on resources-**Dr Clintons article on supporting children's mental health** was sent to participants ahead of time-please see attached. Participants view **Dr Clintons video Your Brain at work**-please see PPT.

- The video was pause for reflection at various points.
- Participants shared their thoughts on the video.
- A participant highlighted Dr Clinton book 'Love Builds Brains' as a great read.
- Alberta Family Wellness Trust 'Brain Story' certification
<https://www.albertafamilywellness.org/training-2>
- Harvard Center for the Developing Child <https://developingchild.harvard.edu/>

Sharing photos and documentation of Spring happenings -No photos or documentation were shared

- Participants shared spring happenings which included sharing photos, in picture collages, with families highlighting the joy playing with water and clothing, the children having picnics outdoors, transitions.
- One program has a birds nest in the playground and the children collected branches to make their own birds nests.

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

- Biting was discussed. Suggestions shared included discussing feelings, removing triggers, splitting children into smaller groups, section rooms into areas, over emphasising appropriate behaviour. Biting resource <https://www.zerotothree.org/resource/toddler-and-biting-finding-the-right-response/>
- Throwing objects into neighbour's gardens was also discussed and participants offered suggestions which included offering targets to throw items at, shadowing the child, paying as little attention as possible to the behaviour, shoes bucket for children's shoes up high, pop-up tents/parachute in front of the fence and using a different playgroup away from the neighbour's garden.

QCCN Update

- Please see update attached.

ECCDC Services-please see the PPT

ECCDC Resources-lending library and E-store. Please see PPT

Next Steps

- Notes from this meeting will be posted on ECCDC website
- For future network dates and times, please refer to ESTEEM and look out for the networks e-blast.