

Licensed Child Care New to Early Learning Spring Network Meeting Notes –  
May 10, 2023

**Welcome and Introductions** – Participants introduced themselves and shared a how they are supporting mindfulness in their programs

- Singing and dancing at drop off times
- Exercising

**Mindfulness Moment** –Participants participated in a mindfulness activity The Healing Hand. Please see accompanying PowerPoint Presentation for details.

**Reflection on Resources** –Please see the PowerPoint presentation for further information. Discussion included the following:

- Stress vs resiliency
- Instead of saying 'no' share what to do with the children
- Coping mechanisms
- Identifying your triggers. What are they?

**Sharing Photos and Documentation** – Participants were provided the opportunity to share photos or documentation from their programs

**Round Table Discussions – Brainstorming challenges and solutions, questions and connections**

- Children having a hard time sharing as a challenge.
  - o Solutions included having multiples of items
  - o Giving the children words to problem solve
  - o What are your guidelines around home toys and sharing
  - o Do children have to share?

**QCCN Update** – Please see the PowerPoint presentation for further information

**How can the ECCDC Support you?** Please see PowerPoint presentation for further information

**Upcoming Next Steps and Network Meetings**

- Please see ESTEEM for fall meeting dates, locations and times