

Licensed Child Care School Age Spring Network Meeting Notes –  
May 10, 2023

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

- Creating a calm environment
- By learning about mindfulness strategies
- Participating in courses for stress and resilience

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

**Reflection on Resources** –Please see the PowerPoint presentation for further information.

**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**

A discussion took place around the following

- Difficulty with transitions.
  - Suggestions included providing fidgets for children who are waiting, transition activities, giving children a job and shadowing or partnering up children who need help and support

**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

