



The Learning Exchange: Quick links for Inspiring Professional Growth

Issue 54 • March 2023

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 Institute: Inspiring Children’s Wellness through Sustainable Food and Nutritional Practices – (Webinar) **Saturday March 4** from **8:30 a.m. to 4:00 p.m. EST: [click here](#)**
- Reconceptualizing Early Learning Materials & Environments Post Pandemic Series (session 3 of 4): Recognizing the Play Value and Setting the Design Stage (Webinar) **Tuesday March 7** from **6:30 to 8:00 p.m. EST: [click here](#)**
- Simple Strategic Planning for the Busy Not for Profit Leader 3-part Series – Part 1: The Various Components of Strategic Planning (Webinar) **Thursday March 23** from **9:30 to 11:30 a.m. EST: [click here](#)**
- The Healthy, Happy and Mindful Educators Series - Session 3: Exploring Healthy Self Esteem (Webinar) **Thursday March 23** from **6:30 to 8:00 p.m. EST: [click here](#)**
- Supporting Growth & Development of Your Staff Team, Session 4: The Coach Approach - The Way to “Transformational” Leadership for Child Care Supervisors (Webinar) **Monday March 27** from **10:00 a.m. to 12:00 p.m. EST: [click here](#)**
- Planting and Cultivating Seeds of Mindfulness in Early Learning Series - Session 1 of 3: What Does It Mean to Be Mindful? (Webinar) **Tuesday March 28** from **6:30 to 8:00 p.m. EST: [click here](#)**
- Top 10 Ways to Bring Mindfulness to Children in Your Early Years Environments (Webinar) **Thursday March 30** from **6:30 to 8:00 p.m. EST: [click here](#)**

In-person

- Indigenous Cultural Appropriation vs Appropriation (In person) **Wednesday March 8** from **6:30 to 8:30 p.m. EST: [click here](#)**
- FLIP-IT: Supporting the Social and Emotional Development of Young Children and Reducing Challenging Behaviours (In person) **Saturday April 1** from **8:30 a.m. to 4:30 p.m. EST: [click here](#)**



March Highlights

National day of Unplugging March 6

- Time to Have the Digital Talk: [click here](#)
- More Physical Activity and Less Screen Time Linked to Better Executive Function in Toddlers: [click here](#)
- Make Energy Efficiency a Fun, Family Affair: [click here](#)

International Women's Day March 8

- United Nations: [click here](#)
- Government of Canada: [click here](#)
- DigitALL: Innovation and Technology for Gender Equality: [click here](#)
- National Geographic Kids: [click here](#)
- Celebrating International Women's Day in Schools: [click here](#)
- 8-year-old Girls Share their Vision for the Future: [click here](#)

SEL Day March 10

- #SEL Day Summit - Uplifting Hearts and Connecting Minds: [click here](#)
- Random Acts of Kindness - SEL Program: [click here](#)
- Harmony SEL Program: [click here](#)

Daylight Savings March 12

- Time Change Tip: 5 Ways to Make Daylight Savings Time Easy: [click here](#)
- Helping your Kids Adjust to Daylight Savings Time: [click here](#)
- How to Help Babies and Toddlers Adjust to Daylight Savings Time (and Back Again!): [click here](#)

French Language Day March 20

- History of French Language Day: [click here](#)
- Ten Free French Activities: [click here](#)
- French for Kids: 10 Helpful Online Resources: [click here](#)

World Water Day March 22

- UNICEF: [click here](#)
- Be a Water Guardian: [click here](#)



Ramadan Begins March 22

- What is Ramadan?: [click here](#)
- Ramadan and Eid Foods: [click here](#)
- Ramadan Information & Activities for Kids: [click here](#)

Earth Hour March 25

- WWF Canada: [click here](#)
- Resources for Children: [click here](#)
- Earth Hour Niagara Falls: [click here](#)
- School Earth Hour - Take the Energy Revealed Challenge: [click here](#)

International Trans Day of Visibility March 31

- Cultural Survival: [click here](#)
- Human Rights Campaign: [click here](#)

Early Learning Podcasts, Videos and Websites

- Creating Toys & Activities for Children From "Beautiful Junk": [click here](#)
- DCRC Talking Self-love Video Series: [click here](#)
- Art Works for Teachers podcast - 3 Common Job Fears for Educators: Myth Vs Reality: [click here](#)
- The Powerful Pedagogy Podcast series: [click here](#)
- How to Build Awareness and Acknowledgement of Gratitude Through Play: [click here](#)
- Raising Creative & Playful Thinkers: [click here](#)
- All Work and No Play: The importance of Balancing school & Play: [click here](#)
- NAEYC Position Statement on Developmentally Appropriate Practice 2020: [click here](#)
- Kids are Sleep Deprived and it's Affecting Their Development: [click here](#)



Diversity and Inclusion

- First Nations Child & Family Caring Society: Elderbeary Day March 20: [click here](#)
- Culturally Responsive Teaching Resources: [click here](#)
- Ensuring Equity and Inclusion in Early Learning and Child Care Summer Institute: [click here](#)
- At a Minn. School Fixing Accessibility is Child's Play: [click here](#)
- Story Time - I am a Prince: A Transgender Children's Book: [click here](#)
- Worm Loves Worm. Read Aloud Story Time with Drag Queen Story Hour: [click here](#)
- What Can't I find Dresses for my 5-year old Son?: [click here](#)
- How to Create Equity, Diversity, and Inclusion Initiatives that work: [click here](#)

Health, Wellness and Safety

- Coronavirus Disease (COVID-19) Updates for Canada: [click here](#)
- Public Health Ontario - COVID-19 Communication Resources: [click here](#)
- COVID-19 Resources 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](#)
- Coping with Separation Anxiety: [click here](#)
- Meditation for Anxiety: [click here](#)
- A Guided Walking Meditation to Connect with Your Senses: [click here](#)
- 7 Tips for How to Improve Self-esteem: [click here](#)
- Use These 7 Types of Rest to Fight Burnout: [click here](#)
- Burnout and Boundaries Podcast: [click here](#)



Outdoor Activities & Resources

- Active Nature Scavenger Hunt: [click here](#)
- An Indigenous Mother's View of Active Play: [click here](#)
- Breath of Fresh Air Outdoor Play Summit: [click here](#)
- How to Create a "Risky Play" Backyard Playground: [click here](#)
- How to Help Children Connect with Nature: [click here](#)
- Should Kids be Physically Active While Sick?: [click here](#)
- 20+ Nature Activities for Kids: [click here](#)
- The Nature Connection Handbook: [click here](#)
- Move. Learn. Explore. With Winterkids – Birds: [click here](#)
- Eco-friendly Bird Feeders: [click here](#)

Spring Resources

- 39 Fun Ways Kids Can Play Outside this Spring: [click here](#)
- Discover 50 Spring Gardening Activities for Kids: [click here](#)
- Pizza Garden & Kids: [click here](#)
- The Easiest Paper Pots Ever: [click here](#)
- How to Create a Bug Box!: [click here](#)
- Kid-friendly Checklist to Prepare for Spring: [click here](#)
- 15 Life Cycle Activities that are Perfect for Spring: [click here](#)
- Festival of Colours & Holi Week: [click here](#)
- Celebrating Holi with Children: [click here](#)
- Places to Visit in Ontario this Spring: [click here](#)
- Spring Break in Ontario - 10 Activities to Enjoy: [click here](#)

Small Business Resources

- Retain Your Not-for-profit Staff with this Key to Leadership Styles: [click here](#)
- Where Do HR & LD Intersect Podcast: [click here](#)
- Charity Village Connect: Diversity, Equity & Inclusion in Canada's Nonprofit Sector: [click here](#)



Uplifting Stories

- Be Inspired - Meet the Man Who Created a Theme Park for People with Special Needs: [click here](#)
- 5-year old Girl Who Emptied her Piggybank for Earthquake Relief Now Wins \$48 Million Lottery Jackpot at 18: [click here](#)
- Rare 170 year old Cree Jacket Turns Up at Vintage Shop in UK - and They Want to Reunite it With its Community: [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.

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 can also make resource deliveries directly to member 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!
- 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](#) to view our Esteem catalogue. [Click here](#) for a catalogue of customized offerings.