

Professional learning opportunities related to optimizing child development, health and well-being, professionalism and organizational performance with links to the College of Early Childhood Educators' Standards of Practice



INSIDE

Exploring Reggio Inspired Practices: A Three-Part Learning Series

Fort and Den Building for Older Children

Watch Your Words: The Power of Self-Talk and Self-Care for Educators

Supporting Infant Mental Health in the Early Years through Attachment

Into the Weed - How to Manage the Impact of Recreational Marijuana Legislation in the Workplace



Find the esteem sessions that are right for you!

Legislative Core Training

These sessions are related to legislation that affects child care programs licensed under the *Child Care and Early Years Act, 2014*. They cover any training needs that are identified during the annual license renewal or during inspections by Ministry of Education Program Advisors, Public Health Inspectors/ Nurses, Fire Prevention Officers, and officers of the Ministries of Labour, Environment, or Consumer and Corporate Affairs. Examples include: First Aid Training, Food Handlers Certification, WHMIS, and sessions that focus on other health and safety items or amendments to current regulation. Meetings of local child care network groups also fall into this category.

Quality Child Care Niagara (QCCN) Core Training

These training sessions are required for individuals who work in licensed child care centres that are recognized as a participant in QCCN. These sessions include: DPS, ECERS, Documentation, Speech/ Language Checklist, Behaviour Checklist (CARE), and Phase 2 Curriculum Planning.

Quality Child Care Niagara (QCCN) Related Training

These sessions supplement and support the QCCN training modules, but are not required components. Some examples include: Speech Services Niagara workshops and certain sessions on managing difficult behaviours in children.

Professional Development and Leadership Training

These training sessions are designed specifically to give you the skills and confidence you need to develop your ongoing leadership abilities, perform with excellence and build strong collaborative relationships with families, children and your fellow colleagues.

Streams

- Early Childhood Educators, Full Day Early Learning Teams, Family Support Staff, Home Child Care Practitioners, Students and other Early Learning and Child Care Professionals
- Supervisors and Managers of Licensed Child Care Centres, EarlyON Centres, and other children's service agencies
- Executive Directors, Owners, Boards of Directors and Administrators of Licensed Child Care Centres, EarlyON Centres, and other children's service agencies



Linking to the College of Early Childhood Educators' Code of Ethics and Standards of Practice

As you may recall, in the last issues of ESTEEM, the ECCDC began aligning its professional learning opportunities to support the College of Early Childhood Educators' *Code of Ethics and Standards of Practice*. The College of Early Childhood Educators' *Code of Ethics and Standards of Practice* prescribe the basis on which professional practice is conducted in a sound and ethical manner, regardless of the context in which that practice occurs. While the Standards of Practice cannot be considered outside of the scope of the Code of Ethics, for the purpose of aligning the seminars we will be referring to the Standards of Practice. The six Standards of Practice are: Standard I: Caring and Nurturing Relationships that Support Learning; Standard II: Developmentally Appropriate Care and Education; Standard III: Safe, Healthy and Supportive Learning Environments; Standard IV: Professional Knowledge and Competence; Standard V: Professional Boundaries, Dual Relationships and Conflicts of Interest; and Standard VI: Confidentiality and Consent to the Release of Information Regarding Children and their Families.

Going forward, our vision is that all ECCDC Workshop Facilitators will highlight areas in their training which apply to the *Code of Ethics and Standards of Practice* to

help participants have a greater practical understanding of how to apply the *Code of Ethics and Standards of Practice* into their daily work. We believe this alignment will support participants in becoming effective educators by ensuring they are following the ethical and professional standards each and every day.

To support this vision, each ECCDC Workshop Facilitator will be provided with a *Code of Ethics and Standards of Practice* Introductory Package containing information on the College and the *Code of Ethics and Standards of Practice*, as well as tips and strategies to further assist them with incorporating the *Code of Ethics and Standards of Practice* into their workshop presentation. Ultimately, we envision workshop facilitators will have an awareness of the *Code of Ethics and Standards of Practice* themselves and will demonstrate how their workshop content supports the *Code of Ethics and Standards of Practice* in a variety of ways.

We thank all of our workshop presenters in advance for supporting the alignment of professional learning opportunities offered through the ECCDC and the College of Early Childhood Educators' *Code of Ethics and Standards of Practice*.

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optimizing early childhood experiences



Designing the Early Learning Environment

Professional learning opportunities in this category support: Standard I: Caring and Nurturing Relationships that Support Learning; Standard II: Developmentally Appropriate Care and Education; Standard III: Safe, Healthy and Supportive Learning Environments; Standard IV: Professional Knowledge and Competence

Developmental Program Planning, Curriculum and Pedagogy

Professional learning opportunities in this category support: Standard II: Developmentally Appropriate Care and Education; Standard III: Safe, Healthy and Supportive Learning Environments; Standard IV: Professional Knowledge and Competence

Designing the Early Learning Environment



To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

ECCDC's Early Learning & Child Care Trainer, Ginette Wilson



Naturalizing your Indoor Early Learning Child Care Environment

To view the full flyer, please visit www.eccdc.org

As educators we have become familiar with the term 'the environment is the third educator' and we are moving away from traditional, brightly coloured environments that have an abundance of synthetic materials towards natural indoor environments. This workshop will consider how educators can enhance their existing early learning and child care environments by bringing 'the outdoors indoors' to create aesthetically attractive natural environments that spark the curiosity and sense of wonder for children and adults. The session will consider how educators can actively engage children and families in the naturalization of their indoor environments. Participants will have an opportunity to engage in thought-provoking discussions with fellow educators and engage with a variety of natural materials that they can add to their indoor environments.

Thursday January 31, 2019 • 6:00 to 9:00 pm (6:00pm networking and light refreshments; 6:30pm workshop begins; 9:00pm workshop closing) • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$45 includes materials and nutrition break



Designing the Early Learning Environment

To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

ECCDC's Coaching & Mentoring Services Coordinator, Patricia Couroux



Exploring Reggio Inspired Practices: A Three-Part Learning Series

To view the full flyer, please visit www.eccdc.org

Reggio Inspired Interactive Environments

Educators are invited to investigate a Reggio-inspired environment through the use of hands-on videos, photo study and materials. Educators will have an opportunity to view 'a day in the life' at a centre in Reggio Emilia to see the materials used throughout the program. A photo study of materials that both the children and educators of Reggio chose to implement within their program as part of an investigation will be reviewed. Using the discussions from the video and photo study, educators will engage with the materials within the environment.

Thursday April 16, 2019 • ECCDC Conference Room, 3340 Schmon Parkway Thorold • 6:00 to 9:00 pm (6:00 Networking and light refreshments; 6:30 workshop begins; 9:00 workshop closing) • \$45 includes materials and nutrition break or register for all three sessions for \$110

Reggio Inspired Light Experience

Reggio Emilia introduced the Ray of Light Atelier in 2005 based on experiences explored with children and educators. The Atelier is open for children and educators alike to explore the properties of light. Children are invited to investigate their theories on light while educators reflect on how these concepts are stimulating children's learning. This session will offer educators a look into the concept of an atelier, how the materials were curated, what kinds of documentation were highlighted, and an opportunity to mess about with ECCDC's own atelier of light.

Tuesday May 21, 2019 • ECCDC Conference Room, 3340 Schmon Parkway Thorold • 6:00 to 9:00 pm (6:00 Networking and light refreshments; 6:30 workshop begins; 9:00 workshop closing) • \$45 includes materials and nutrition break or register for all three sessions for \$110

Professional Development and Leadership Training

Designing the Early Learning Environment



To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

Exploring Reggio Inspired Practices: A Three-Part Learning Series

To view the full flyer, please visit www.eccdc.org

Reggio Inspired Planning and Documentation

Educators within Reggio Emilia reflect on their planning and documentation with several different lenses. The use of planning and documentation shows children and families a shared construction of meaning within the environment, a shared responsibility towards learning, offers an evaluation of both the environment and self. The tools that are employed state the intent of the materials and is open for educators to share their learnings with children and families. In the session educators will explore different ways of planning and documenting based on practices in Reggio Emilia schools. Educators will look at the cycle of planning and where documentation fits and the why behind documentation.

Tuesday June 11, 2019 • ECCDC Conference Room, 3340 Schmon Parkway Thorold • 6:00 to 9:00 pm (6:00 Networking and light refreshments; 6:30 workshop begins; 9:00 workshop closing) • \$45 includes materials and nutrition break or register for all three sessions for \$110

Professional Development and Leadership Training



Designing the Early Learning Environment

To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

With Susan Stacey

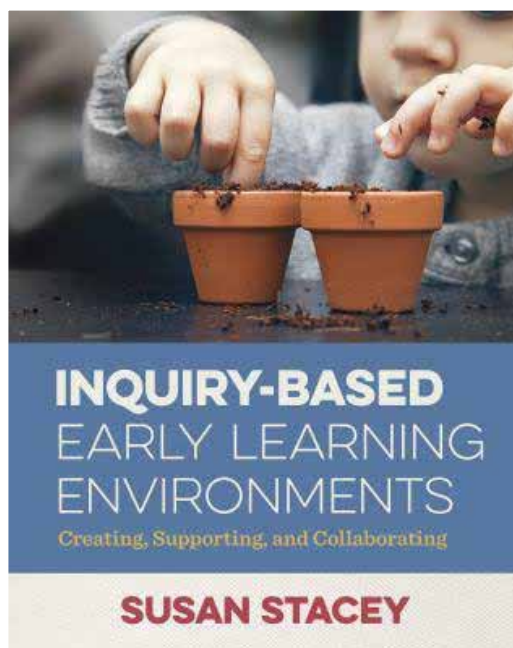


Join us for the Book Launch and Full Day Learning Institute for Susan Stacey's *Inquiry Based Learning Environments*

To view the full flyer, please visit www.eccdc.org

What does it mean to inquire? Grownups would say it means to question, to search for information, or to finding out about a topic of interest. For children in an early childhood classroom, the definition is no different. From the time of their birth, children want to know how the world works and actively seek out information. How educators respond to their questions is what this book is all about.

Inquiry-Based Early Learning Environments takes an in-depth look at children's inquiry. What does inquiry look like in early childhood settings? How does the environment affect children's inquiries and teachers' thought processes? *Inquiry-Based Early Learning Environments* examines inquiry in all its facets, including environments that support relationships, that create a culture of risk-taking in our thinking, that support teachers as well as children, that include families, that use documentation as a way of thinking about our work, and of course, the physical environment and all the objects and spaces within it. Throughout, stories about environments and approaches to inquiry from around the world are included as examples.



Saturday April 27, 2019 • ECCDC Conference Room, 3340 Schmon Parkway Thorold • 9:00 am to 3:30 pm • \$135 includes a copy of *Inquiry-Based Early Learning Environments*, book signing, and continental breakfast and lunch

Professional Development and Leadership Training

Designing the Early Learning Environment



To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

Teacher Tom, author of *Teaching and Learning from Preschoolers*



Teaching and Learning from Young Children ~ Creating Community within Early Childhood Environments

To view the full flyer, please visit www.eccdc.org

Educating Citizens Through Play in the Early Years

Teacher Tom will speak about how children's play brings the habits and principles of democracy into early years programs and kindergarten classrooms. He will begin by discussing the purpose of education in democratic societies and how and why we have managed to veer so far from the original intent, which is to educate citizens capable of contributing to the grand experiment of self-governance. In this full-throated support for play-based education, he will detail through his illustrative classroom stories and examples from his book exactly how his curriculum works. Participants will learn the benefits of introducing these playful principles into their own students, the hallmarks of what makes a good citizen both in a classroom as well as a democracy, the traits and habits required for self-governance, and practical tips on how to implement these ideas in their own classrooms. It will be an inspiring, often touching, often hilarious, and always eye-opening and empowering presentation.

Speaking with Children to Support their Thinking

In a very real sense, the language we use creates reality. In this session, Teacher Tom will use stories from his book and classroom to demonstrate how the specific words we use, and how and when we use them, creates reality for our students for both good and bad. Participants will have the opportunity to learn about the importance of: being clear and precise with language; honouring children without commanding or bossing them; using words to create a world of facts and intrinsic motivation; creating space in which children must do their own thinking and make their own decisions; and supporting children as they learn from the natural consequences of their behaviours.

Designing the Early Learning Environment

To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

Teaching and Learning from Young Children ~ Creating Community within Early Childhood Environments

To view the full flyer, please visit www.eccdc.org

Readings and Discussion

In the afternoon session, Teacher Tom will tell stories and read selected passages from his book, and then lead reflective discussions about the underlying principles and how they can be applied in individual settings. This will be an opportunity for participants to more deeply explore ideas and concepts from the morning sessions, explore questions, and reflect upon how they impact upon their own classrooms.

Saturday May 11, 2019 • 8:30 am to 4:00 pm (8:30 - Registration and Networking Breakfast; 9:00 - Educating Citizens Through Play in the Early Years; 11:00 - Speaking with Children to Support their Thinking; 1:00 - Lunch and Teaching and Learning from Preschoolers, Book Signing; 2:00 - Readings and Discussion; 4:00 - Questions and Closing) • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$110 includes a continental breakfast, lunch, three workshop sessions and Teacher Tom's First Book *Teaching and Learning from Preschoolers*

Professional Development and Leadership Training



Designing the Early Learning Environment



To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

ECCDC's Early Learning & Child Care Trainer, Ginette Wilson



Fort and Den Building for Older Children

To view the full flyer, please visit www.eccdc.org

Do you remember the pleasure of building forts and dens as a child? Would you like to incorporate this with into your early learning and child care setting or would you like to build on your current fort and den building experiences? If so, this session is for you. Together, we will consider the benefits of affording preschool and school age children opportunities to build forts and dens, and how this reflects the four foundations highlighted in *How Does Learning Happen? Ontario's Pedagogy for the Early Years*. The session will focus on a variety of strategies that educators can utilize when facilitating fort and den building experiences for older children. Participants will have an opportunity to share ideas and consider a range of materials, resources and tools that can be used when building forts and dens in both indoor and outdoor environments. There will be an opportunity for participants to build forts and dens outdoors, so make sure that you review the weather forecast and come prepared to have fun!

Tuesday May 28, 2019 • 6:00 to 9:00 pm (6:00 pm Networking and light refreshments; 6:30 pm Workshop Beginning; 9:00 pm Workshop closing) • ECCDC (outside), 3340 Schmon Parkway, Thorold • \$45 includes materials and nutrition break

Professional Development and Leadership Training



Designing the Early Learning Environment

To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org



Creative Arts Experiences in a Home Child Care Setting

To view the full flyer, please visit www.eccdc.org

The next session in our professional learning series, especially designed for home child care providers, will consider how we can provide creative arts experiences in a home child care setting. Together we will explore how we can move away from traditional product orientated crafts towards process orientated creative arts experiences that deeply engage children of all ages. During the session participants will have the opportunity to meet other home child care providers and engage in lively conversations. There will be opportunities to share and try out a variety of materials and experiences that participants can use with the children that they care for.

Thursday May 9, 2019 • 6:00 to 9:00 pm (6:00pm networking and light refreshments; 6:30pm workshop begins; 9:00pm workshop closing) • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$25 includes materials and nutrition break

Professional Development and Leadership Training

Developmental Program Planning, Curriculum and Pedagogy



To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

ECCDC's Early Learning & Child Care Trainer, Ginette Wilson



Nurturing Brilliant Minds: A Professional Learning Series for Educators of Infants and Toddlers

To view the full flyer, please visit www.eccdc.org

Building on the highly successful first five sessions in Nurturing Brilliant Minds, the ECCDC is pleased to offer a new session in the series.

New
session!

Session Six: Creative Art Experiences for Infants and Toddlers

Are you caring for infants and toddlers and would like inspiration regarding creative art experiences for them? Are you looking for innovative engaging experiences to offer? If so this workshop is for you. Join the ECCDC's Early Learning and Child Care Trainer Ginette Wilson for this interactive session that will include lively discussion, inspiring ideas and an opportunity to explore a variety of hands-on experiences.

During the session participants will have an opportunity to share and reflect on the current creative arts experiences that they offer to infants and toddlers, and how they can build on them. There will also be opportunities to consider how providing creative arts experiences set the foundations for future creativity and how this reflects the 4 foundations of *How Does Learning Happen? Ontario's Pedagogy for the Early Years*.

Thursday February 7, 2019 • 6:00 to 9:00 pm (6:00 pm Networking and light refreshments; 6:30 pm Workshop Beginning; 9:00 pm Workshop closing) • ECCDC Conference Centre, 3340 Schmon Parkway, Thorold • \$55 includes all materials and nutrition break

Professional Development and Leadership Training



Developmental Program Planning, Curriculum and Pedagogy

To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

ECCDC's Coaching & Mentoring Services Coordinator, Patricia Couroux



Projects with School Age Children

To view the full flyer, please visit www.eccdc.org



A project, by definition, is an in-depth investigation of a real-world topic worthy of a child's attention and effort. The use of projects can be carried out with an entire class or with small groups of children within a school age program. Projects have a complex but flexible framework that use a set of teaching strategies enabling educators to guide children through in-depth studies of real-world topics all while linking together teaching and learning as interactive processes. Projects can be woven into any school age program and support children to feel motivated and actively involved in their own learning leading them to feel like a sense of belonging within their space.

Tuesday February 19, 2019 • 6:00 to 9:00 pm (6:00pm networking and light refreshments; 6:30pm workshop begins; 9:00pm workshop closing) • ECCDC Conference Room, 3340 Schmon Parkway, Thorold
• \$55 includes materials and nutrition break

Professional Development and Leadership Training

Developmental Program Planning, Curriculum and Pedagogy



To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

ECCDC's Coaching & Mentoring Services Coordinator, Patricia Couroux



Lost Art of Music and Movement in Early Childhood

To view the full flyer, please visit www.eccdc.org

Children in today's society are living more sedentary lives and their opportunities to engage in open music and movement activities are lessening. Come and join in to bring back the lost art of music and movement to the classroom. Educators will have an opportunity to engage together in joyful and fun activities that relate to music and movement to support children in healthy physical, mental, and emotional development. The session will look at the theory behind why music and movement are an important part of children's lives and why it is being lost in today's technology-based society. Educators will take away research, tools and experiences to share with the children and families in their program to reignite the passion for music and movement.

Wednesday May 22, 2019 • 6:00 to 9:00 pm (6:00pm networking and light refreshments; 6:30pm workshop begins; 9:00pm workshop closing) • ECCDC Conference Room, 3340 Schmon Parkway, Thorold
• \$45 includes materials and nutrition break

Professional Development and Leadership Training



health, safety and well-being



Professional learning opportunities in this category support: Standard III: Safe, Healthy and Supportive Learning Environments; Standard IV: Professional Knowledge and Competence

health, safety and well-being



To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

Workplace Wellness Series for Administrators and Educators

To view the full flyer, please visit www.eccdc.org

With Elizabeth Skronski



Facilitating a Culture of Mindfulness: Supporting Well-being and Stress Management

As a leader, one of your responsibilities is to shape the culture of your organization. It is now well researched and known that organizations that are committed to supporting their employees in a compassionate way and that embrace a culture of mindfulness are successful workplaces, where employees are less stressed, more productive, and actually enjoy their work more. In this workshop for Executive Directors and Program Managers, participants will discover the qualities of mindful and compassionate organizations and how they can truly change the work experience for everyone. As role models, participants will also explore their own self compassion and stress management practices. They will be introduced to strategies to facilitate the development and support of a culture of mindfulness and compassion.

Objective

Through discussion, sharing and experiential activities, provide participants with an understanding of what is a positive culture based on compassion and mindfulness, the importance of it for the well-being of all stakeholders and strategies to facilitate and coach their staff to practice self compassion and stress management.

Thursday February 7, 2019 • 9:00 am to 12:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$55 includes a light lunch and all session materials • **Please note** the Executive Directors Network Meeting will take place immediately following this session from 1:00 to 2:30 pm. Please register separately for the ED Network meeting.

Professional Development and Leadership Training



health, safety and well-being

To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

Watch Your Words: The Power of Self-Talk and Self-Care for Educators

To view the full flyer, please visit www.eccdc.org

'The words you speak become the house you live in.' ~ Hafiz



What words do you use to describe yourself? What stories do you tell about yourself? What 'house' have you been building for yourself? If those questions made you freeze, want to fight or want to run from the workshop description, this may be what you need. Let's learn to let go of limiting beliefs and ruminating self-talk by creating space for compassion and self-care with mindfulness and the Emotional Freedom Technique (EFT).

Saturday April 6, 2019 • 9:30 to 11:30 am • ECCDC Conference Room, 3340 Schmon Parkway, Thorold
• \$45 includes materials and nutrition break

Professional Development and Leadership Training

health, safety and well-being



To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

Talking to Kids about Death & Dying and Promoting Self-Care Through Self-Compassion

To view the full flyer, please visit www.eccdc.org

With Angel G. Graham, MSW, RSW, RECE
and Sheri Eggleton, Hons. B.A., CTIC, RP



Have you ever wondered what do I say to a child who is grieving? How can I support them as they transition back to the classroom setting? Or what is typical behaviour to a death from a developmental stance? If you would like to ensure today's children have the foundation and support they need to face adversity with compassion and thrive as they continue to grow and move forward in their lives. This session will cover what grief is, how children's grief differs from adults, along with addressing common responses in kids and how you as an Early Childhood Educator can support them. This workshop will also highlight opportunities how you yourself can incorporate death education regularly into your curriculum and provide attendees with an opportunity to engage in open discussion on a topic that we need to feel more comfortable with talking about. How do I help kids with their grief? What do I say? What if I say the wrong thing? What if I don't have the answer? How do I start those really difficult conversations? The second part of the workshop will focus on supporting staff who are grieving, as well as some suggestions for caring for oneself during grief through self-care and self-compassion.



Tuesday April 9, 2019 • 6:30 to 8:30 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • No cost; this workshop has been sponsored by our Friends at Pathstone Mental Health Professional Development and Leadership Training



health, safety and well-being

To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

An Intro to All Things Kids Yoga

To view the full flyer, please visit www.eccdc.org

Are you curious about what yoga and mindfulness look like for kids? Learn the most popular yoga poses for children aged 2-6 and how you can create 'yoga moments' for your classroom. You will leave this workshop with a deeper awareness of mindful movement and breathing practices that support *How Does learning happen? Ontario's Early Learning Pedagogy*.

Saturday May 25, 2019 • 9:30 to 11:30 am • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$45 includes materials and nutrition break
Professional Development and Leadership Training



professionalism & relationships



Professional learning opportunities in this category support: Standard IV: Professional Knowledge and Competence; Standard V: Professional Boundaries, Dual Relationships and Conflicts of Interest; and Standard VI: Confidentiality and Consent to the Release of Information Regarding Children and their Families

professionalism & relationships

To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

Supporting Young Children's Self-Regulation A Full Day Institute with Dr. Susan Hopkins, Executive Director of Stuart Shanker's Organization, The MEHRIT Centre (TMC)

To view the full flyer, please visit www.eccdc.org

Morning Workshop: Self-Regulation and the Early Years

It has been shown that a child's early years are a crucial time for brain development. During this period, young children are confronted with unique stressors across all five domains of the Shanker Self-Reg[®] model.

This presentation looks specifically at the early years through the lens of self-regulation, stress and early relationships, and how Self-Reg can help children deal successfully with these challenges and begin to learn how to manage these new stresses on their own. Topics include:

- The role of relationships in early brain, emotional and social development
- Co-regulation: the foundation for self-regulation
- The Interbrain: nature's "bluetooth" hook-up that connects a young child's brain to a parent's/ caregiver's brain
- The meaning of safe for babies, toddlers and preschoolers
- Stressors (including hidden stressors) that affect young children
- Self-Reg strategies that reduce young children's stress and foster healthy relationships.



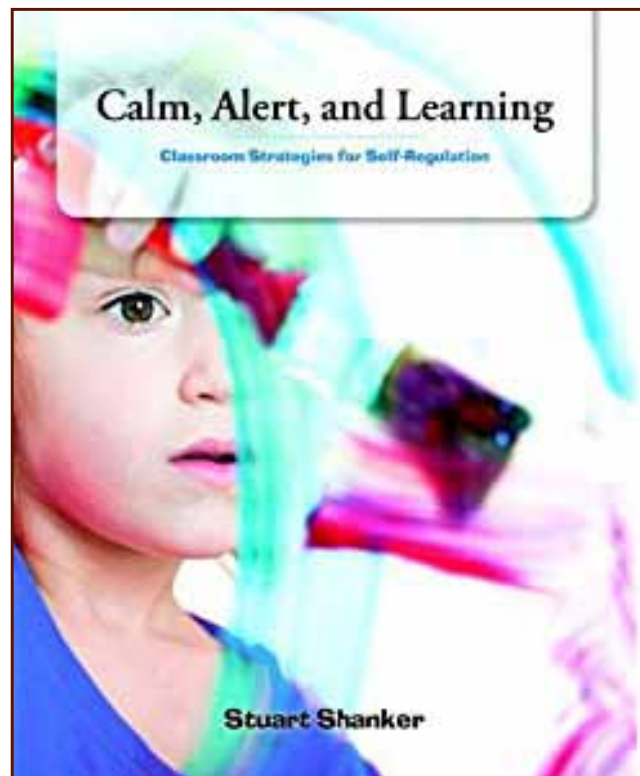
professionalism & relationships

To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

Afternoon Workshop: Looking at Resilience Through a Self-Reg Lens

Many educators and mental health professionals share the idea that resilience is a key component of children's mental health and optimal functioning. The question is, can we build resilience in our children, and if so how? This presentation looks at the connection between resilience and self-regulation and how Self-Reg strategies can be used to protect and enhance resilience in children. Topics include:

- Brief introduction to Shanker Self-Reg®
- Definition of resilience and research into resilience
- How resilience overlaps with Self-Reg
- The role of stress awareness in resilience
- Self-Reg strategies that enhance resilience by improving stress awareness and management



Saturday January 26, 2019 • 8:30am to

4:00pm (8:30am - Registration and Light Breakfast; 9:00am - Morning Workshop: Self Regulation and the Early Years; 12:00pm - Lunch and Networking; 1:00 pm - Afternoon Workshop: Looking at Resilience through a Self-Reg Lens) • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$125 includes continental breakfast, lunch, and attendance at both workshops

Professional Development and Leadership Training

professionalism & relationships

To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

Reaching IN ... Reaching OUT

Promoting Resilience in Adults & Young Children Since 2002

To view the full flyer, please visit www.eccdc.org

RIRO Resiliency Skills Training is an evidence-based, two-part program for service providers who work with children from birth to eight years.

The training uses a relationship-based, cognitive-behavioural and social problem-solving approach to prevent depression and promote resilience in children under eight years. Adapted from 35 years of research by Dr. Martin Seligman and colleagues at the University of Pennsylvania, the RIRO program is designed to help adults help young children steer through life's inevitable bumps in the road and make use of opportunities for optimal growth and development.



Research shows that children as young as two years begin to copy how adults in their lives respond to daily stresses, serious challenges and opportunities for growth. When adults use the RIRO skill-set in their own lives, they become role models for children by demonstrating effective thinking and coping strategies in response to both adversity and opportunity.

Part 1 introduces adults to key resiliency research and skills that enhance self-regulation skills and promote a "resilient" perspective and flexible approach to handling conflict, problems and everyday challenges.

Part 2 helps adults apply the resiliency skills directly with children by:

- increasing their understanding of children's thinking and behaviour
- supporting children's development of seven critical abilities associated with resilience
- introducing child-friendly approaches using children's literature, puppets and resilience-building activities.

You may register for one of two options: Friday afternoons from 1:00 to 4:00 pm; Friday October 12, 2018; Friday October 19, 2018; Friday November 2, 2018; and Friday November 9, 2018 OR Full Day Saturdays from 8:30 am to 4:30 pm: January 19, 2019; and February 9, 2019 • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • The cost for either institute option is \$80 which includes all sessions, light refreshments and all training materials

Professional Development and Leadership Training

professionalism & relationships

To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

Supporting Children's Mental Health in the Early Years Reducing the Impact of Adverse Childhood Experiences and Children's Toxic Stress through Developing Strong, Nurturing Relationships

To view the full flyer, please visit www.eccdc.org

Join Dr. Jean Clinton, renowned clinical professor in the Department of Psychiatry and Behavioral Neurosciences at McMaster University for this one-day institute exploring strategies for supporting children's mental health through developing strong, nurturing relationships with children.



Positive relationships can help children manage their emotions during times of stress and supports them in developing appropriate coping and resiliency skills. Stress can negatively impact children's well-being, especially that of toxic stress. Toxic stress refers to chronic, excessive stress that exceeds a child's ability to cope, especially in the absence of supportive caregiving from adults. Over time, toxic stress will increase children's risk of developmental delays, learning disabilities, and childhood behaviour problems, as well as a host of health problems as adults. Children can experience toxic stress when they are over-burdened with too many stressors they are unable overcome.

Children may also be affected by any stress their educator and caregiver is experiencing. Educators in the early years are able to support children in dealing with toxic stress by building relationships based upon mutual respect and trust. Dr Clinton explains that "the relationships children have with early years educators is pivotal if we think of children's positive mental health as developing the capacity to building relationships with their peers and adults in order to express, manage and experience their options." Dr. Jean Clinton will share research outlining how the quality of the relationships we build with children is critical in helping to set the stage for positive mental health. Discussions will take place around strategies for supporting children's well-being in the early years and how educators may help set the stage for joyful learning environments where children feel nurtured and supported.

Saturday March 2, 2019 • 8:30 am to 4:30 pm (8:30am - Registration, Continental Breakfast and Networking; 9:00am - Presentation Opening; 12:00pm Lunch and Networking; 3:30pm - Questions for Dr. Jean Clinton; and 4:00pm - Workshop Closing) • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$95 includes breakfast and lunch

Professional Development and Leadership Training

professionalism & relationships

To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

Behaviour Awareness and Self-Regulation

To view the full flyer, please visit www.eccdc.org.

With Jennifer Saltarelli and Brenda-Lynn Haley,
Pathstone Mental Health



In this workshop you will gain knowledge to identify the function of behaviour, understand the importance of data collection, and develop strategies to help promote student success. This workshop will also cover Self-Regulation: What it is, why it's important, signs of it and what we can do in child care settings to promote positive self-regulation skills.

Thursday April 25, 2019 • 6:00 to 9:00 pm (6:00pm Networking and light refreshments; 6:30pm workshop begins; 9:00pm closing) • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • No cost; this workshop has been sponsored by our Friends at Pathstone Mental Health

Professional Development and Leadership Training



professionalism & relationships

To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

Teacher Talk Training A: Encouraging Language Development in Early Childhood Settings

Play and daily experiences provide opportunities to create enriched, interactive language-learning environments that include all children. This training will discuss how to foster language development through daily interactions by learning how to identify children's conversational styles and the roles we play as educators, let the child lead in individual and group interactions and help children become better conversational partners. Participants will receive a Hanen Program® certificate of completion.



Saturday March 23, 2019 • 10:00 am to 4:30 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$25 fee covers the cost of the training booklet and muffins, juice, coffee and snacks. Please bring a bagged lunch or you are welcome to leave the premises to visit one of the local dining options for lunch.

Recognized Quality Child Care Niagara (QCCN) related training



Workshop sponsored by Niagara Children's
Centre Speech and Language Program

professionalism & relationships

To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

Supporting Infant Mental Health in the Early Years through Attachment

Research has shown that children who have emotionally available caregivers develop: secure attachments, school readiness, healthy emotional development, strong problem-solving skills, and emotional regulation. Join Rose Burns, Public Health Health for this presentation. The workshop will enhance learning around infant mental health and attachment. Educators will be able to identify if a child has secure attachment or insecure attachment and how to identify when a child is “engaged” or “disengaged” with their caregiver. Learning how to build trust and security with a child and how to identify infant/toddler cues will also be explored. A local Family Home Visitor, Roxanne Munn, will present the evidence-based program PIPE (Partners in Parenting Education). This is a practical model that empowers, educates and supports professionals to promote positive relationships between primary caregivers and infants/toddlers. It supports infant/child mental health by increasing the emotional availability of those caring for children.

Thursday March 21, 2019 • 6:30 to 8:30 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • No cost for this session, it has been sponsored by Niagara Region Public Health

Professional Development and Leadership Training



organizational performance



Professional learning opportunities in this category support: Standard IV: Professional Knowledge and Competence; Standard V: Professional Boundaries, Dual Relationships and Conflicts of Interest

organizational performance

To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

Leadership Workshop Series with Dr. Heather Beaudin

To view the full flyer, please visit www.eccdc.org.

Navigating Change as a Leader in Early Education

Early education and care is rapidly changing across North America. With each change that the sector experiences, leaders in early childhood education (ECE) are called to guide their teams through the change process. Whether small or large, course-plotting for change is a complex and challenging task. Each day ECE leaders are called to support and play many different roles as they simultaneously lead change. Though contrary to popular belief, the formal leader does not have to carry this workload or responsibility alone. Through the distribution of leadership, the skillsets and expertise of early childhood educators can be used as a key resource for guiding the change process. If implemented well, distributed leadership can be a highly effective model for guiding change. As each stage of the change plan is explored, participants will be presented with ways in which they may begin or continue to build distributed leadership in to their practice. This session will look at getting to the heart of who we are as leaders and participants will be invited to consider a current organizational problem of practice. Thinking about this problem, we will collectively spend time considering and creating change plans.

Thursday April 11, 2019 • 9:00 am to 12:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$55 includes a light lunch

■ Executive Directors, Owners, Boards of Directors and Administrators of Licensed Child Care Centres, EarlyON Centres, and other children's service agencies

Professional Development and Leadership Training



Please note the Spring Executive Directors Network Meeting will follow this session from 12:30 to 2:00 pm

organizational performance



To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

Do you want to engage your team by offering a staff retreat or motivational team building day? If so, the ECCDC can help!

To view the full flyer, please visit www.eccdc.org.

The ECCDC has supported many organizations in planning engaging and innovative staff retreats. There are several options that may be selected which could include a motivational keynote presentation along with fun, interactive team-building activities. The keynote below is one example of a motivational session that may be offered. The following options are activities that have been offered at past retreats:

- picnic lunch
- drumming ceremony
- paint and art activities
- yoga

Keynote Option: Reflecting Upon Your Work in the Early Years and Re-igniting Your Passion

This presentation will inspire reflection and deep conversation to support educators in recognizing the valuable contributions they make, the importance of resiliency during times of significant change and strategies for considering how to include joy, enthusiasm, and fulfillment in our daily practice. The session will also include a fun, interactive quiz including prizes and an opportunity to create a self-reflective tool and as a go-forward plan for including self-reflection into our work as part of an ongoing motivational and mindfulness practice.

For more information or to get a quote, please contact Lorrey Ariel Bonilla at 905.646.7311 ext. 321 or larial@eccdc.org.



organizational performance

Better Business Practices Series

To view the full flyer, please visit www.eccdc.org.

Into the Weed - How to Manage the Impact of Recreational Marijuana Legislation in the Workplace

On October 17, 2018 the recreational use of marijuana became legal in Canada. Employers need to amend their workplace policies and practices related to the recreational use of drugs and alcohol to include the use of recreational marijuana.

Employers should ensure that they have both an updated Drug and Alcohol Policy which includes language around Fit for Duty, and an Off-Duty Conduct Policy that governs employee behaviour both in and out of the workplace during the workday. Employers need to be careful to

differentiate between the use of marijuana for recreational and medicinal purposes as an employee's right to use medicinal marijuana is protected under both Human Rights legislation and the *Accessibility for Ontarians with Disabilities Act*.



Join us for an interactive seminar to discuss:

- Changes to legislation
- The impact on your workplace
- Drug & Alcohol Policy
- Fitness for Duty
- Off Duty Conduct Policy
- What to do when an employee comes to work impaired
- Accommodating medical marijuana users
- Training and employee awareness

Thursday January 31, 2019 • 9:30 am to 1:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$75 includes continental breakfast and a light networking lunch • Please note the cost of this seminar is far less than the average legal consultation fee

Professional Development and Leadership Training

organizational performance



To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

Better Business Practices Series

To view the full flyer, please visit www.eccdc.org.

Ontario Human Rights Commission Policy on Accessible Education for Students with Disabilities and The Duty to Accommodate

The Ontario Human Rights Commission released a new policy and recommendations on August 29, 2018 regarding accessible education for students with disabilities. Under the Code education providers including child cares, private and public organizations have a legal duty to accommodate the needs of students with disabilities up to the point of undue hardship. What do these new recommendations mean for child care organizations?

The duty to accommodate has both a procedural (inquiry, analysis, investigate) and a substantive (reasonable accommodations to meet the need of the child) component that as part of due diligence child cares must follow. The expectations placed on child care organizations can be challenging in trying to provide alternative learning techniques, supports and resources, positive behavioural intervention and modifying the delivery of the program.



Join us for an interactive seminar to discuss:

- How far do you have to go in the accommodation process?
- What does undue hardship look like for a childcare?
- What happens if we cannot accommodate a child?
- Dealing with health & safety concerns related to other children and staff?
- How to manage aggressive children in the classroom and meet your health and safety obligations?
- What do we need to document to protect our organization?
- What discussions should we have with clients?
- When do we need to consult with a lawyer?

Thursday March 21, 2019 • 9:30 am to 1:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$75 includes continental breakfast and a light networking lunch • Please note the cost of this seminar is far less than the average legal consultation fee

Professional Development and Leadership Training

early learning & child care community networking



early learning & child care community networking



To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

Reflective Practice Network

Reflecting upon where we've been, where we are and where we would like to go. The Reflective Practice Network is an opportunity for educators to come together in a community of practice to reflect on their observations, documentation, tools and best practices. To continue the conversation participants are asked to bring with them their documentation, to share their journey and reflect on next steps. A variety of examples, resources and kits will be available to explore.

Tuesday February 5, 2019 • 6:00 to 8:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • No cost, registration is required.

Infant/Toddler, Preschool and School Age Specific Networks

We would like to invite educators who work directly with Infants/Toddlers, Preschoolers or School Ageds to attend our newly formed, age group specific network meetings.

Based on feedback from the early learning community, ECCDC would like to start offering age specific networking groups. Within each group, educators will have the opportunity to meet and discuss the latest research, challenges, successes, experiences, ideas for growth, and explore innovative ideas to share with their centres and the children they work with. The first session for each group will be to establish the flow for the network; including sharing of resources, methods for reflection, community of practice, and focus of upcoming network meetings. We look forward to exploring the possibilities with you and embarking on a new journey of reflecting together.

New!

School Age Network

Wednesday March 27, 2019 • 7:00 to 9:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • No cost, registration is required.

Preschool Network

Wednesday April 24, 2019 • 7:00 to 9:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • No cost, registration is required.

Infant/Toddler Network

Wednesday May 29, 2019 • 7:00 to 9:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • No cost, registration is required.

early learning & child care community networking



Niagara Nature Alliance Network

The Niagara Nature Alliance network will be reviewing the hot-dotting exercise from the Fall meeting to move the network forward. A review of currently available websites and documents to support educators in their move to a nature-based program, conversation around the message of what the Nature Alliance is all about and sharing of resources from programs. The Niagara Peninsula Conservation Authority will be in attendance to share materials that can support children in Nature.

Tuesday February 12, 2019 • 6:30 to 8:30 p.m. • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • No cost, registration is required

Early Learning and Child Care Supervisors Network

Niagara's Early Learning Supervisors are invited to engage in conversation through the Supervisor Network. The Network will be receiving updates from Ministry of Education, Niagara Region Children's Services, Niagara Region Public Health, and Quality Child Care Niagara. A supervisor focused reflective article will be reviewed and discussed along with round table ideas. Please note that we have left a half hour before and after the network meeting for Supervisors to network.

Thursday February 21, 2019 • 9:00am to 3:00 pm (9:00 a.m. Networking, 9:30 a.m. meeting, 11:30 a.m. networking) • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • No cost, registration is required

Cooks Network

The Cook's Network will be welcoming Niagara Region for a presentation on Healthy Eating. Participants will have an opportunity to build knowledge and skills to understand the basics of healthy eating and putting it into action with discussions on the meaning and benefits of healthy eating, the design of Canada's Food Guide and how it groups foods, making healthy food choices, serving sizes and how much to eat from each food group for different age groups, how to follow healthy eating advice through dividing up amounts of food on a plate and local food and reliable sources of healthy eating information. Participants are encouraged to bring their recipes with them to continue to build the Cook's Network Cookbook.

Tuesday April 9, 2019 • 2:30 to 4:30 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • No cost, registration is required

early learning & child care community networking



To register, contact 905.646.7311 ext. 304, eccdc@eccdc.org or visit www.eccdc.org

Executive Directors Network

Executive Directors are invited to attend this network to connect about issues and opportunities to share strategies, suggestions and best practices with their colleagues. Please hold the following dates for the next two Executive Directors Network meeting which will take place immediately following the next two Better Business Practice Series workshops.

Thursday February 7, 2019 and **Thursday March 21, 2019** • 1:00 to 2:30 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • No cost, registration is required

SAVE THE DATE!

AGENDA TO FOLLOW BASED ON FEBRUARY NETWORK MEETINGS

Nature Alliance Network: Thursday May 16, 2019 from 6:30 to 8:30 p.m. Tentative Location: Fort Erie Regional Child Care Centre

Supervisor Network: Thursday May 23, 2019 from 6:00 to 8:30 p.m. Tentative Location: Strive Welland Parent/Child Centre

Submit Your Play Based Learning Experiences or Unique Room Design Ideas for Highlighting Within Esteem! If you'd like to submit a unique play based learning experience or suggestions for early learning environments with photos to be published in Esteem, please send your ideas and photographs to the ECCDC at eccdc@eccdc.org with the caption - ESTEEM HIGHLIGHT. All entries will be eligible to win a \$50 training gift certificate which will be drawn at the end of each training calendar year.

registration form

1. workshop information (PLEASE PRINT)

Staff Name	Name of Workshop	Cost

2. participant information (PLEASE PRINT)

Program Name _____
Organization _____
Address _____
Postal Code _____
Phone _____
Fax _____
E-mail Address _____

Please add our organization's e-mail address to the ECCDC's Upcoming Events email listing to receive upcoming training opportunities, articles of interest, and Resource Library updates.

3. payment information (WHERE APPLICABLE)

- Cheque
- Cash
- Invoice my organization*
- Visa**
- MasterCard**

* authorization required ** fill out info below

Supervisor signature for invoicing

Name as it appears on card

Card # _____
Expiry Date _____
Total Enclosed _____

4. registration procedures

professional development events with registration fee

- Submit completed registration form with payment information (cash, cheque, credit card, or invoice) to the ECCDC prior to the event (contact information below)
- Walk-in registrations permitted if space & trainer allows
- Once processed, payments are non-refundable; however, registration is transferable to another individual
- In the event of cancellation due to low registration or other unexpected circumstances, refunds will be issued within 30 days
- Invoices are issued to organizations upon receipt of registration by fax or mail, with supervisor authorization

professional development events with rsvp

Where there is no charge for a workshop a phone call, fax, or e-mail to confirm your attendance is required.

did you know

Fees for training & workshops cover;

- Nutrition breaks & meals
- External cost for Facilitators
- Training materials & handouts
- Off-site facility costs.

Participants in our training never pay for;

- ECCDC coordination & design of events
- Training facilitation by ECCDC staff
- Facility costs at ECCDC
- Specialized equipment costs
- Advertising, flyers, and mailing costs.

Return form to: ECCDC, 3340 Schmon Parkway, Thorold L2V 4Y6 or fax it to 905.646.2692



The ECCDC wishes to recognize Niagara Region Children's Services for its ongoing partnership, support and investment in the ECCDC's mission within Niagara's early learning and child care community.



For details about any of these unique training sessions, contact:

Early Childhood Community Development Centre

3340 Schmon Parkway, Thorold, ON L2V 4Y6 | 905.646.7311 ext. 304 | eccdc@eccdc.org | www.eccdc.org



And remember, any of the sessions you read about in esteem can be customized to meet the individualized needs of your program or organization.

Esteem is designed by the Early Childhood Community Development Centre