

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 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.

Tuesday 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

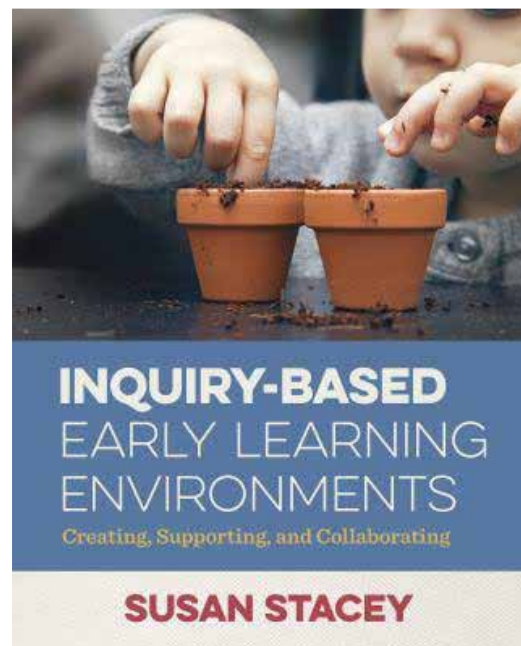


Join us for the Book Launch and Full Day Learning Institute for Susan Stacey's Inquiry Based Learning Environments

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

What does it mean to inquire? Grown-ups 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 (outdoors), 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

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



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

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*.

Wednesday May 8, 2019 • 6:00 to 9:00 pm (6:00 pm Networking and light refreshments; 6:30 pm Workshop Beginning; 9:00 pm Workshop closing) • St. Catharines Museum (Lock 3), 1932 Welland Canals Parkway, St. Catharines • \$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



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



Developmental Program Planning, Curriculum and Pedagogy

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

Connecting the Read Aloud With Invitations for Learning

In this interactive session, we will explore how a Read Aloud can be used to spark children's innate curiosity and inquiry in our youngest learners. From STEAM (Science, Technology, Engineering, Arts, Mathematics) challenges to culturally diverse literature, participants will walk away with ideas and resources that they can implement immediately in their early learning environment

Tuesday May 14, 2019 • 6:30 to 8:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara educators: \$5, educators outside Niagara: \$10

Professional Development and Leadership Training



Jennifer Smith, OCT

Early Years Consultant, District School Board of Niagara

Jennifer has been an Early Years Consultant with the DSBN for the past 4½ years and a Kindergarten Teacher for 13 years. She worked at Rosalind Blauer Centre for Child Care as well as Ridley College summer child care program. Jennifer is a Qualifications Instructor for the Elementary Teachers Federation of Ontario (ETFO).

She has been a guest speaker/presenter for many organizations, including Brock University, Niagara College, Early Childhood Community Development Centre, DSBN Parent Involvement Conference, Speech Services Niagara – Emergent Literacy Conference, and ETFO Kindergarten Conferences in Spring 2017 and 2018. She was an International Conference Presenter at the International Congress for School Effectiveness and Improvement in 2017.



Kim Salierno, OCT

Consultant: Library & Media Services (K-8), District School Board of Niagara

Kim has been with the District School Board of Niagara for the past 22½ years, as Library Consultant, Library Resource Teacher, Teacher-Librarian, and Elementary Teacher. She has been a guest speaker/presenter at the DSBN Parent Involvement Conference, Ontario Library Association Super Conference, Connect Conference and OLITA Conference. Kim is the Coordinator of the DSBN Silver Birch and Red Maple Student

Conference.



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

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
• Niagara educators: \$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 September 24, 2019 • 6:30 to 8:30 pm •
ECCDC Conference Room, 3340 Schmon Parkway,
Thorold • Niagara educators: \$5 includes a light
snack, outside Niagara educators: \$10

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



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 June 6, 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 12:30 to 2:00 pm. Please register separately for the ED Network meeting.

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

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 November 7, 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 • \$5 for Niagara educators, \$10 for educators outside Niagara

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 June 15, 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) • Holiday Inn & Suites St. Catharines Conference Centre, 325 Ontario Street, St. Catharines • \$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

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.

Two Full Day Saturdays from 8:30 am to 4:30 pm: **September 28, 2019**; and **October 26, 2019** • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$80 for Niagara educators includes all sessions, light refreshments and all training materials, \$85 for educators outside Niagara

Professional Development and Leadership Training



professionalism & relationships



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 October 10, 2019 • 6:30 to 8:30 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$5 for Niagara Educators, \$10 for Educators from outside Niagara

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

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.

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 May 2, 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

Leadership Workshop Series

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

With Gay Douglas



Passing the Torch: Succession Planning for Organizational Success

Over the next 5 years Canadians will be retiring at a pace unparalleled in human history. The biggest demographic wave in the country's history is hurtling into retirement. The baby boomers – that massive bubble of people born in the two decades following the Second World War - have begun the transition from employment to retirement.

This phenomenon has serious implications for non-profit, charitable and volunteer organizations whose senior management staff are planning to retire in the next 3-5 years. Boards of Directors are watching as knowledgeable and experienced senior staff make their plans to depart, often without a plan to replace their prized employee or the expertise they take with them. It's important to create a range of succession plans for emergency and planned departures, to ensure sustainability, consistency and continued organizational success.

This workshop is suitable for board members and senior staff of non-profit, charitable and volunteer organizations and will explore

- the context for succession planning and who should be involved
- your board's role as employer of the staff leader
- the relationship between mission, vision, values and succession planning
- types of succession plans – emergency, long/short term, permanent
- sample succession policies and steps in succession planning
- tools and resources to help you create your own succession plan.

Thursday October 24, 2019 • 9:00 am to 12:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara educators: \$75 includes a light lunch and all session materials, outside Niagara educators: \$80 • **Please note** the Executive Directors Network Meeting will take place immediately following this session from 12:30 to 2:00 pm. Please register separately for the ED Network meeting.

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.

Fall date to be announced • 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 Aged 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



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

Niagara Nature Alliance Network

The Niagara Nature Alliance network will be touring the Fort Erie Regional Child Care Centre naturalized playground. Fort Erie Regional Child Care Centre was part of the Naturalized Playground Initiative offered in partnership through Niagara Region, ECCDC and Bienenstock Natural Playgrounds. The Niagara Peninsula Conservation Authority will also be in attendance to share materials that can support children, families and educators in nature here in Niagara. As a next step the network will also 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.

Thursday May 30, 2019 • 6:00 to 8:00 p.m. • Fort Erie Regional Child Care Centre, 94 Catherine Street, Fort Erie • No cost, registration is required

Early Learning and Child Care Supervisors Network

Niagara's Early Learning Supervisors are invited to tour Strive Welland Parent Child Care Centre where they support young parents embarking on their journey in becoming parents. During the evening the Supervisors will have an opportunity to engage in conversation as well as 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.

Wednesday May 15, 2019 • 6:30 to 8:30 p.m. • Strive Welland Parent Child Care Centre, 285 East Main St, Welland • No cost, registration is required

Cooks Network

The Cooks Network will be exploring different programs, such as Paint Your Plate and others, to support Niagara's children, families and educators in the promotion of healthy eating. An update will be provided from Niagara Region Public Health as it relates to child care centres. 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 they Duty to Accomodate Better Business Practice Series and Navigating Change as Leader in Early Education Leadership.

Thursday April 11, 2019 and Thursday June 6, 2019 • 12:30 to 2:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • No cost, registration is required

SAVE THE DATE! AGENDA TO FOLLOW

Executive Directors Network: Thursday October 24, 2019 and Thursday January 16, 2020 from 12:30 to 2:00 p.m in the ECCDC Conference Room, 3340 Schmon Parkway, Thorold

Celebrating the ECCDC's 25th Anniversary!

ECCDC Professional Learning Rewards Card

Starting April 1, 2019 visit the ECCDC in Thorold to pick up your Professional Learning Rewards Card! Each time you attend an ECCDC professional learning session in Niagara that costs \$25 or more, get your card stamped and signed. The first 25 people to fill all five of their stamps by December 31, 2019 will receive \$25 off their next professional learning session! Call or visit the ECCDC to learn more.



Free ECCDC Professional Learning Sessions from some of our past presenters

In this issue of esteem we have included some flyers for free workshops from some of our past presenters who were kind enough to offer some free upcoming sessions on a variety of topics. We hope you are able to take advantage of one of these terrific offerings!





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.



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.

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