

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

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**Respect 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](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

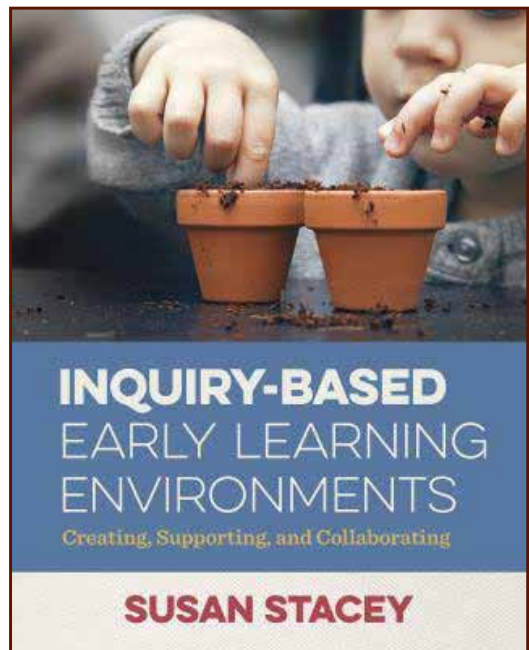
With Susan Stacey

## 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](http://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 September 7, 2019** • Ball's Falls Conservation Area, 3292 Sixth Avenue, Jordan • 9:00 am to 3:30 pm • Niagara Educators: \$135 includes a copy of Inquiry-Based Early Learning Environments, book signing, and continental breakfast and lunch; Outside Niagara Educators: \$140

Professional Development and Leadership Training



# Designing the Early Learning Environment

To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

With Dr. Diane Kashin, RECE

## As Inspired by the Reggio Emilia Approach: Using Children's Books to Invite Multiple Perspectives

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org)

Books can be an invitation to think deeply, opening children's minds and eyes to the complexities of their world. The Reggio Emilia Approach to early childhood education inspires educators to think differently and see different perspectives. Through the magic of books, children too can be encouraged to make meaning from multiple perspectives. In this interactive session, participants will be invited to explore perspectives and possibilities as inspired by the Reggio Emilia Approach and children's books. As part of the workshop, we will explore the image of children as writers and readers capable of expressing their own unique perspectives while engaging with others to consider multiple perspectives. Come ready to read, think, create and play!

**Tuesday October 29, 2019** • 6:30 to 8:30 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$55 for Niagara educators includes refreshments; \$60 for educators outside Niagara

Professional Development and Leadership Training



# Designing the Early Learning Environment



To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

With ECCDC's Coaching & Mentoring Services Coordinator Patricia Couroux and Early Learning & Child Care Trainer, Ginette Wilson



## Tinkering Series

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org)

New Series!

Have you been hearing about 'Tinkering', 'Tinker Labs', 'Tinker schools' and so on, and wondered what all this Tinkering is about? Well if so, this three-part 'Tinkering Series' is for you. The series will provide opportunities for educators to explore what tinkering is (chances are that you are already doing it) and how educators can intentionally incorporate tinkering into your early learning and child care programs.

There will be a focus on practical, hands-on experiences that educators can utilize with a variety of ages, and sessions will include a large portion of time investigating materials, and engaging with experiences that educators can use within their daily practice. Educators will come away with many process oriented inexpensive experiences, and a variety of materials that they can use with children in their programs.

This fun interactive series will be co-facilitated by Ginette Wilson, Early Learning and Child Care Trainer and Patricia Couroux, Coaching and Mentoring Coordinator of the ECCDC and include opportunities for Educators to share ideas and experiences, and to reflect together in fun and engaging environments.

### Session 1 - Tinkering with Recycled Materials

The first session in this series will explore the concept of 'Tinkering' with a focus on how educators can intentionally incorporate tinkering with recycled materials within their daily programming.

**Monday September 30, 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 Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$45 includes all materials and nutrition break; Outside Niagara Educators: \$50





# Designing the Early Learning Environment

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## Session 2 - Tinkering with Wood

The second session will focus on reviving the 'lost art' of utilizing wood and woodworking in early learning and child care programs, and how educators can 'bring it back' into their practice. This session will take place off-site in a dedicated woodworking environment and will include using real tools and consider health and safety, and risk benefit analysis.

**Tuesday October 22, 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 Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$45 includes all materials and nutrition break; Outside Niagara Educators: \$50

## Session 3 - Tinkering with Metal

The third and final session in this series will look at the benefits of incorporating tinkering experiences within programming and will focus on utilizing tinkering with metal in their early learning and child care programs.

**Thursday November 21, 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 Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$45 includes all materials and nutrition break; Outside Niagara Educators: \$50

Professional Development and Leadership Training



# Designing the Early Learning Environment



To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

With ECCDC's Early Learning & Child Care Trainer, *Genette Wilson*



## Schema Play Series

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org)

**New Series!**

Children create understanding and knowledge of their world by interacting with the environment and the 'things' within it. While they are doing this, we often observe them repeating actions over and over again and see repeated patterns in their play.

In the first half of the 20<sup>th</sup> century, Jean Piaget recognized organized patterns of behaviour in children's play and developed his schema theory around how children learn and acquire knowledge through physical and mental actions. In the 1980's Chris Athey furthered Piaget's work by identifying clusters of play patterns and developed the concept of schematic play or schema play.

If you would like to find out more about schema play and how to support schema play in your early learning and child care setting then join the ECCDC's Early Learning Trainer, Genette Wilson, for this engaging, interactive and fun workshop. There will be opportunities to engage in thought-provoking conversations with fellow Educators and explore a variety of materials and experiences that support schema play.

This three-part series will support Educators to develop environments and experiences that facilitate cognitive development through schema play.



# Designing the Early Learning Environment

To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

**Session One: Action Schemas** (formerly How Schema Play Supports Children's Learning and Development) During this first session Educators will be introduced to schematic play, discover more about **Action Play Schemas** and how to develop schema rich environments and experiences that meet children's needs and interests.

**Monday February 3, 2020** • 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 Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$45 per session includes all materials and nutrition break; Outside Niagara Educators: \$50

## Session Two: Mark Making Schemas

This second schematic play session will look at schema play through a lens of early **Mark Making**, a prerequisite for the development of literacy skills, and explore how educators can introduce schema play materials and experiences to their environment to support mark making.

**Monday March 2, 2020** • 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 Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$45 per session includes all materials and nutrition break; Outside Niagara Educators: \$50

## Session Three: Emotional Schemas

The third and final session in this series will focus on **Emotional Schemas**. Educators will have an opportunity to dive deeply into the concept of emotional schemas in an early learning and child care setting. This will include identifying and recognizing emotional play schemas, and how educators can support young children with the development of self-regulation through emotional play schemas.

**Monday April 27, 2020** • 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 Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$45 per session includes all materials and nutrition break; Outside Niagara Educators: \$50

Professional Development and Leadership Training



# Developmental Program Planning, Curriculum and Pedagogy



To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://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](http://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

# Developmental Program Planning, Curriculum and Pedagogy

To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Behaviour Awareness and Self-Regulation

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org).

With Spencer Cappellazzo 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



# Developmental Program Planning, Curriculum and Pedagogy



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## Play Therapy – Tools for Helping Children and Youth

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org).

Children express themselves, learn about their world, and feel most at ease when playing. This interactive workshop focuses on how to use play therapy strategies to help children and youth positively cope and work through stressful life experiences. Participants will become familiar with Play Therapy theory, clinical guiding principles, and various directive and non-directive creative interventions to use with a wide age range of children and youth. From an experiential lens, this training explores how to apply playful strategies to support children and youth on their path to healing. Get ready to play! Bonus: Participants will also receive a small play-based toolbox to use during the training, and to take home! Topics include:



- Why does Play Therapy Work?
- Attachment, Neuroscience, Family Systems
- Children's Growing Brains: Cognitive and Development Stages
- Inner Resiliency – Child-Centered Play Therapy
- Using Directive vs. Non-directive Approaches with Children and Youth
- How Play can Help Overcome Trauma
- Play-based Cognitive and Behavioural Therapy Strategies
- Creative Interventions for Emotional Awareness and Self-Reflection
- Art-Based Therapy
- Helping Children and Youth Develop Self-Regulation
- The Impact of Family – How Family Play Therapy Helps
- Building the Blocks of Attachment
- Somatic Approaches and Body-based Exercises
- Skills for using a Sand Tray
- Tools to use Puppetry
- Develop Story-telling Skills

**Saturday November 30, 2019** • 8:30am to 4:00 pm (8:30am Registration and Breakfast, 9:00am Workshop Opening, 12:00pm Lunch and Networking, 4:00pm Workshop Closing) • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara educators: \$80 includes continental breakfast and lunch, outside Niagara educators: \$85

Professional Development and Leadership Training



# Developmental Program Planning, Curriculum and Pedagogy

To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

Join us for two not to be missed events with Internationally Acclaimed Early Years Author, Researcher and Educator Ann Pelo



## ***“I TELL THE STORY I AM MOVED TO TELL”* EDUCATORS AS PROTAGONISTS IN DOCUMENTATION**

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org)

Documentation practices in early education typically focus on children’s learning; educators are present in documentation only as observers – whether enthusiastic or neutral, their role in documentation is to report on what children have done, and said, and accomplished.

What if we turn this conceptualization of documentation on its head? What if we acknowledge that documentation speaks volumes about what educators find meaningful, worthy of their attention and time, provocative, enlivening? What if we call educators to be present in the documentation they create, with their curiosity and insight and uncertainty and self-awareness?

We’ll take up these questions during our day together, and explore the idea that documentation is as much about educators as it is about children. We’ll play with writing exercises to strengthen our skills as story-tellers. And we’ll practice writing documentation stories that make educators’ thinking, wondering, and valuing visible. Please bring a notebook and pen, and come ready to write.

**Saturday November 2, 2019 • 9:00am to 4:00pm • Balls Falls, 3292 Sixth Avenue, Jordan • \$150** for Niagara educators includes a copy of *From Teaching to Thinking* and the Friday evening Wine & Cheese Reception, \$155 for educators outside Niagara

## ***FROM TEACHING TO THINKING* BOOK SIGNING AND COMPLIMENTARY WINE & CHEESE RECEPTION**

Ann will introduce us to her most recent book, co-authored with Margie Carter, *From Teaching to Thinking: A Pedagogy for Reimagining Our Work*. In their book, Ann and Margie explore pedagogical leadership in early childhood settings, with a focus on supporting teachers to move beyond administering prescribed curricula with its corresponding outcomes and assessments, and, instead, engage with children, colleagues, and families as teacher-researchers, innovators, and constructors of knowledge.

**Friday November 1, 2019 • 5:00 to 6:30pm • Calamus Estate Winery, 3100 Glen Rd, Jordan Station • No cost for those attending Saturday’s session**



# Developmental Program Planning, Curriculum and Pedagogy



To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Emotional Literacy with Niagara Children's Centre

Emotional literacy is the ability to read emotions in themselves and others; to be able to identify, understand and respond to emotions in a healthy manner. As educators we can support children's learning to label emotions and to develop valuable social emotional skills (compiled by Promoting Healthy Social Behaviours in Child Care Centres 2011). Shared book reading can support a child's understanding of the "language" of emotions and support their understanding.

In this interactive workshop, participants will be introduced to a wide variety of children's literature that can be used as a jumping off point for support and teaching emotional literacy. Join April Shaw, Emergent Literacy Consultant with Niagara Children's Centre, Preschool Speech and Language as we brainstorm and share ideas for expanding the emotional understanding and vocabulary in a wide selection of children's books.

**Tuesday October 15, 2019 • 6:30 pm to 8:30 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • No charge, registration is required**

- 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
- QCCN Related Training



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





# 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



## 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



# health, safety and well-being

To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Owning Your Role as a Role Model

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org)



Join Lisa Clarke of Lala Wellness; Yoga and Mindfulness Programs for this new workshop. Early Childhood Education is a demanding field that can be easy for those working in it to lose themselves. Maintaining clarity and a sense of purpose are absolutely integral to an early childhood professional's health and well-being, as well as the health and well being of those they surround themselves with. Your responsibilities may be big, but your capacity to meet them is so much bigger. Through reflective and playful practices, you'll discover the traits that give you the energy you need to be the person you always wanted to be. You'll draw from the strength of the people that you've looked up to. And you'll learn to see yourself through the eyes of those who look up to you. In that light, you can achieve a grounded sense of self, rooted and confident as you own your role as a role model. Workshop participants will participate in reflective practices that can contribute to a confident sense of self and will use hindsight as a foundation for future goal setting.

**Tuesday January 21, 2020 • 6:30 to 8:30 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$45 includes materials and nutrition break: outside Niagara Educators: \$50**

Professional Development and Leadership Training



# health, safety and well-being



To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Workplace Wellness Series for Administrators and Educators

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org)

With Elizabeth Skronski



### Finding Your Happy: An Introduction to the 16 Guidelines to Transform Your Life and Relationships

Many of us search all our life for our Holy Grail to happiness and well-being, yet the answer often lies within us. Drawing on proven techniques from modern psychology, ethics, cognitive behavioural approaches, and centuries-old Eastern philosophy, 16 Guidelines is a holistic approach to increase our emotional resilience, confidence, and overall well-being.

This workshop is a taster to a two-day workshop that looks at the neuroscience behind happiness and introduces "The 16 Guidelines" which provide practical tools for a more meaningful, fulfilled life. The idea behind the 16 guidelines is simple: to change the way we experience the world, we transform the way we think, act, and relate to others to find meaning. This workshop will teach techniques, including mindfulness, that can be shared with others, to improve personal relationships at home, reduce stress in the workplace, and overall increase your sense of happiness and well-being.

**Please note** the Executive Directors Network Meeting will take place immediately following the Administrator session. Please register separately for the ED Network meeting.

**Tuesday April 7, 2020** • Time for Administrators: 9:30 am to 12:00 pm; Time for Educators: 6:30 to 9:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$55 for either session includes all session materials and nutrition break; outside Niagara Educators: \$60

Professional Development and Leadership Training



# health, safety and well-being

To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Mindful Goal Setting

Have you ever set goals and found that you were not as committed to them as you thought? Or perhaps these goals were really set by someone else for you? Of course you have!

When we set goals that are harmonious with who we are and what we truly value, our ability to meet these goals enhance our self-esteem and our well being in general. Mindfulness allows us to be more self-aware of what is truly important to us and understand what might be in our way of achieving these goals. In this workshop, participants will go beyond the the "normal" goal setting process and will explore concepts of the intention pyramid, strategic intentions, and time mapping and will leave with a plan to make their goals not only achievable but inspiring.

**Please note** the Executive Directors Network Meeting will take place immediately following the Administrator session. Please register separately for the ED Network meeting.

**Thursday June 4, 2020** • Time for Administrators: 9:30 am to 12:00 pm; Time for Educators: 6:30 to 9:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$55 for either session includes all session materials and nutrition break; outside Niagara Educators: \$60 Professional Development and Leadership Training



# health, safety and well-being



To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Kids Have Stress Too!®

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org)

An interactive training workshop from The Psychology Foundation of Canada for professionals who work with families and children in early learning and care environments.

### Did you know?

- stress can affect children's physical, emotional, social and intellectual well-being
- children experience everyday stress in a different way than adults
- extreme stress can have a negative effect on brain development in very young children.

The Kids Have Stress Too! (KHST!®) program is based on evidence that with help, young children can learn practical strategies to relieve stress, and effective ways to respond to stressful situations. By learning to cope with life's ups and downs, children develop healthy strategies that help them to adapt, self-regulate, be resourceful, feel competent and become more resilient.

### By participating in an interactive KHST!® workshop, participants will:

- learn how to recognize stress in children
- identify the key role relationships with parents and caregivers play in helping children learn to manage stress
- practice age-appropriate stress-management techniques that help teach children to relax and become more resilient
- learn effective ways to promote positive emotional development and self-regulation in young children.

### As well as the workshop, participants also receive:

- a 100 page, full-colour manual, containing background research, implementation tips and strategies
- access to follow-up support and training tools
- a workshop certificate
- attractive, practical, evidence-based material to share with parents

**Saturday March 28, 2020 • 9:30am to 4:00pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$174 per person which includes breakfast, lunch and Kids Have Stress Too! Manual; Outside Niagara Educators: \$179**

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](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Inspiring Early Childhood Leadership Institute: Strategies to Ignite Passion and Transform Program Quality

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org).

With Susan MacDonald

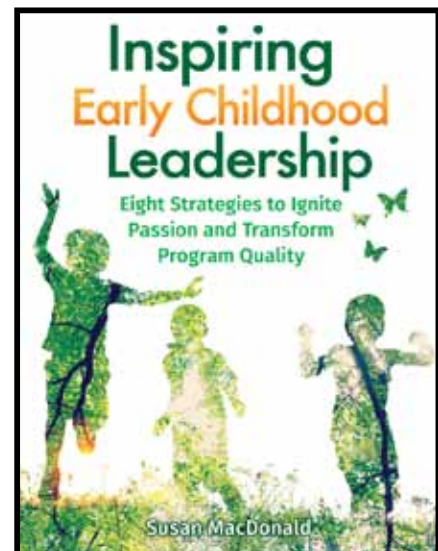


### Friday Evening Reception and Dinner

#### The Upward Spiral: Key Strategies to Ignite Passion and Transform Program Quality

Positive strength-based energy is the key to transforming the quality of educational programs. Discover the benefits of creating a vibrant, engaging, and strength-based learning environment in which all children and adults thrive. We will examine how focused, intentional, inspirational leadership can mitigate the stress of new initiatives and standards and provide new perspectives and possibilities. Through active engagement in reflective learning activities, you will gain new tools to provide effective staff supervision, observation, feedback and develop strategies for overcoming setbacks. You will also have the opportunity to build a resource kit to guide you on the rewarding path of inspirational leadership.

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# professionalism & relationships

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## Saturday Full-day Workshop Inspiring Early Childhood Leadership: Strategies to Ignite Passion and Possibility

This full day workshop lays out strategies designed to support program leaders in finding new ways to reduce the levels of stress on themselves and their staff, and move into a unified, engaging system for leading with passion, intention, and purpose. Through interactive experiences, you will explore well-researched, inspirational and motivational leadership techniques, with a focus on strength-based communication, program transformation, positivity and systemic change. Participants will work together focusing on these vital questions:

### How can leaders:

- motivate and inspire teachers?
- bring renewed energy, joy, engagement and intentionality into our learning communities?
- embrace and facilitate change?
- create healthy, dynamic workplace relationships in our respective contexts?
- reconnect to our own passion with a renewed sense of purpose in our work?

The fundamental goal of this workshop is to inspire and guide leaders to move past their current challenges toward a vision of new possibilities, leave refreshed, recharged, and ready to facilitate positive change in their daily work and learning communities.

Professional Development and Leadership Training

### Reception and Dinner Friday May 1, 2020

6:30 registration; 7:00 to 9:00pm  
dinner and keynote

### Full-Day Workshop Saturday May 2, 2020

9:00 am to 3:00 pm

Ramada Beacon Harbourside  
Hotel\*, 2793 Beacon  
Boulevard, Jordan

\*Accommodations may be made  
by calling the hotel directly at  
905.562.4155 (quote "ECCDC"  
as the group code)

Niagara educators: \$180 includes  
dinner and keynote on Friday  
and full day workshop including  
breakfast and lunch on Saturday,  
along with a copy of Susan  
MacDonald's book. Outside  
Niagara educators: \$190



# professionalism & relationships

To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Sharing Sensitive News - A Hanen Training Module

Join Debbie Hamilton, member of Speech Services Niagara, for this workshop and learn how to use effective communication strategies for sharing sensitive news with parents, to understand how parents feel when they receive sensitive news, and to become aware of your own feelings around sharing sensitive news. A certificate of participation will be provided. There is no prerequisite for this session; however, a certificate in Learning Language and Loving It: The Hanen Program for Early Child Educators would be beneficial. Please note the start time of 6:00 pm.

**Wednesday November 27, 2019** • 6:00 to 8:30 pm • ECCDC, 3340 Schmon Parkway, Thorold (ECCDC Conference Room) • No Cost, this workshop is sponsored by Speech Services Niagara

- 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
- QCCN Related Training



*This session has been generously sponsored by Speech Services Niagara's Emergent Literacy Program*



# 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](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Trauma-Informed Care – Building a Culture of Strength

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org).

Trauma is prevalent in our world and has an impact on many of the people we interact with, including our clients and colleagues. Compassionate and trauma-informed care is essential to providing effective support and building sustainable services. This workshop explores how to build a trauma-informed culture in a workplace setting that integrates knowledge throughout the organization. Participants will develop an understanding of the pervasive impact of trauma on individual health and relationships. Guiding principles will be explored for increasing emotional and physical safety, culturally sensitive empowerment, and creating greater resilience for all parts of an organization. Becoming trauma-informed creates a sustainable foundation in any work setting to promote strength, engagement, and recovery. Topics include:



### Respectful Awareness

- Definitions of Trauma for Individual, Relationship, and Public Health
- Prevalence of Trauma, from Single Incident to Complex
- Understanding the Impact of Trauma Across the Lifespan
- Contexts of Impact – Cultural, Intergenerational, and Societal Factors

### Collaborative Health

- Principles of Trauma-Informed Care
- Core Competencies – Putting Principles into Action
- Choice, Trust, and Connection
- Recognizing Innate Strengths and Resilience

### Building a Trauma-Informed Culture

- The Continuum of Trauma-Informed Care and Practices
- A Systemic View of Healing Trauma
- Building Trauma-Informed Principles into Policy and Processes
- Attending to Staff Safety and Secondary Trauma

**Saturday April 18, 2020** • 8:30am to 4:00 pm (8:30am Registration and Breakfast, 9:00am Workshop Opening, 12:00pm Lunch and Networking, 4:00pm Workshop Closing) • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara educators: \$80 includes continental breakfast and lunch, outside Niagara educators: \$85

Professional Development and Leadership Training



# organizational performance

To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## 25 Ways to BOOST your BOARD!

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org).

The ECCDC is grateful to Gay Douglas for providing this workshop to help us celebrate the ECCDC's 25<sup>th</sup> Anniversary!

This lively workshop will highlight 5 key board principles and 5 related practices to help boost your board's effectiveness, engagement and enjoyment. A variety of tools and resources will be shared. In celebration of ECCDC's 25<sup>th</sup> Anniversary, participants will receive a link to the Principles and Practices Checklist© to help your board assess their governance strengths and challenges.

**Thursday September 26, 2019** • ECCDC Conference Room, 3340 Schmon Parkway Thorold • 9:00 am to 11:30 am • Complimentary Workshop thanks to Gay Douglas' sponsorship in honour of ECCDC's 25<sup>th</sup> Anniversary

■ 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



# organizational performance



To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Better Business Practices Series

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org).

### How to Transform A Toxic Team to A Dream Team – Repairing Your Workplace Culture

When negative attitudes and behaviours invade our teams repairing a damaged workplace culture can be exhausting to manage. Conflict and dysfunction within the team may lead to bullying behaviour resulting in increased absenteeism or employee turnover.

Current employment legislation requires all employers to ensure that our workplaces are positive, inclusive, and free from harassment and bullying. Taking the right steps now will improve team morale, build a healthy workplace culture, increase employee engagement, and significantly reduce your risk of legal liability.

**Our interactive session will focus on the steps child care organizations should take to:**

- Create a positive, inclusive and respectful workplace
- Help employees develop communication, conflict, and problem-solving skills
- Help employees develop strategies to deal with disagreements in a respectful manner
- Move away from the blame game and into problem solving

**Thursday October 10, 2019 • 9:30 am to 1:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$75 includes continental breakfast and a light networking lunch; Outside Niagara Educators \$80 (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](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Better Business Practices Series

To view the full flyer, please visit [www.eccdc.org](http://www.eccdc.org).

### Respect in the Workplace

Employers including child care organizations are required under the Occupational Health and Safety Act to review their workplace violence and harassment programs with employees annually. Traditional methods of reviewing the policies and programs are often ineffective when it comes to delivering the right message when dealing with bullying, harassment or inappropriate behaviours that are just under the radar.

Your employees need to know more than just the legal definitions of bullying and harassment, they need to understand how it is their joint responsibility to eliminate these behaviours from your workplace.

**This interactive and informative session will use quizzes and case studies to help participants learn:**

- How to create a stronger corporate culture and change the power dynamics of your team
- Empower your team with the skills to prevent bullying and harassment within your workplace
- Create a meaningful policy that ensures that staff know what to do if they are being harassed
- Develop a corporate culture that encourages bystanders to act when they observe bullying and/or harassing behaviours
- And other preventative measures

**Thursday April 16, 2020 • 9:30 am to 1:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara Educators: \$75 includes continental breakfast and a light networking lunch; Outside Niagara Educators \$80 (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



## 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 join our newly formed, age group specific network meetings. Based on feedback from the early learning community ECCDC has started offering age specific networking groups. Within these networking groups 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 offered to us a direction on what would best support each age grouping. Each of the Fall sessions will include a presentation from Pathstone Mental Health's Team on Self-Regulation along with an opportunity to ask questions, an update on the work plan for the Network, sharing of documentation, review of an article and supporting each other's challenges and successes.

### Preschool Network

**Tuesday October 8, 2019** • 7:00 to 9:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • No cost, registration is required.

### Infant/Toddler Network

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

### School Age Network

**Wednesday November 27, 2019** • 6:30 to 8:30 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • No cost, registration is required.

## Niagara Nature Alliance Network

The Niagara Nature Alliance network will be meeting together at Niagara Nursery School and Child Care Centre in Niagara on the Lake where we will tour the centre's outdoor areas that they use for the children including the fairy forest and playground. The Network will have an opportunity to tour the joint initiative between the Niagara on the Lake Public Library, Local Community Groups and the centre which includes gardens, pathways and a labyrinth walk. The Network will continue to reflect on its work plan to explore outdoor experiences in Niagara that support children and families. Please come prepared to be outside for the evening.

**Tuesday September 24, 2019** • 6:30 to 8:30 p.m. • Niagara Nursery School, 14 Anderson Lane, Niagara-on-the-Lake • No cost, registration is required



# early learning & child care community networking



To register, contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

## Early Learning and Child Care Supervisors Network

Niagara's Early Learning Supervisors are invited to engage in conversation through the Supervisor Network after the Full Day Pedagogical Leadership Series 2 Day 1 Pathways to Explore Your Pedagogical Leadership Journey. 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.

**Wednesday September 25, 2019** • 2:00 to 3:30 p.m. • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • No cost, registration is required

## 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..

**Thursday October 24, 2019** • 12:30 to 2:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • No cost, registration is required • Upcoming meetings: January 16, 2020 following Leading an Empowered Culture session; March 12, 2020 following the Respect in the Workplace session

## Cooks Network

The Cooks Network will be heading on the road for a tour of the La Boîte à soleil kitchen located in their head office. Participants will have an opportunity to tour the facility and ask questions of the cooks that work in the space on a daily basis. We will also be welcoming an update from Niagara Region Public Health and reviewing any changes that have been made as a result of the update to Canada's Food Guide. We are gathering recipes, so participants are encouraged to continue to bring their recipes with them to continue to build the Cooks Network Cookbook.

**Tuesday November 5, 2019** • 2:30 to 4:30 pm • La Boîte à soleil Head Office, 674 Tanguay Avenue, Welland • No cost, registration is required

## Want to access ECCDC training through a grant?

### Programs can access a grant to support up to 80% of training costs for their staff teams through the Canada-Ontario Job Grant Program!

The Canada-Ontario Job Grant provides direct financial support to employers who wish to purchase training for their employees. It is available to businesses with a plan to deliver short-term training to existing and new employees. Important to know:

- Employers can get up to \$10,000 in government support per person for training costs.
- The training has to be delivered by an eligible, third-party trainer **like the ECCDC**.
- Employers with 100 or more employees need to contribute 1/2 of the training costs. Small employers with less than 100 employees need to contribute 1/6 of training costs.
- If you're an employer with a particular skills demand, the Canada-Ontario Job Grant might be right for you. Applications are accepted on an ongoing basis.



#### **Local Employment Ontario funded Employment Service providers who can assist with the Canada-Ontario Jobs Grant Program**

Please connect with Laurie Nadeau, COJG Coordinator, at [laurie.nadeau@niagara.ymca.ca](mailto:laurie.nadeau@niagara.ymca.ca) or another local employment agency below.

- Employment Help Centre <https://www.employmenthelp.org/>
- YMCA of Niagara Employment & Immigrant Services <https://ymcaofniagara.org/programs/employment-services/>
- Niagara College Community Employment Services <https://www.niagaracollege.ca/ces/>
- Niagara Employment Help Centre <https://ehc.on.ca/>
- Employment Solutions <http://www.employment-solutions.org/>
- Job Gym <http://www.jobgym.com/home/>
- Port Cares – PC Works <http://pcworksemployment.ca/>



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](mailto: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](mailto:eccdc@eccdc.org) | [www.eccdc.org](http://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