



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 4

Engage in webinars and access new resources, websites and other virtual learning to support your ongoing journey and well-being.

Resources for Information on Covid-19

- Government of Canada Covid-19 Resources and Updates - <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- Ontario Government Covid-19 Updates - <https://covid-19.ontario.ca/>
- Niagara Region Public Health Daily Covid-19 Updates - <https://www.niagararegion.ca/health/covid-19/default.aspx>
- Canadian Child Care Federation – Resources on policy and procedure during Covid-19 - <https://cccf.box.com/s/hmr135x840aapkkvklxbeh11rbt4s0jc>
- Childcare Resource and Research Unit (CRRU) – Resources collected for information on Covid-19 specific to Canada - <https://www.childcarecanada.org/documents/research-policy-practice/20/03/child-care-and-covid-19-information-situation-canada>
- Hi Mama listing of Financial Relief resources available to support during Covid-19 Pandemic - https://blog.himama.com/covid19-child-care-business-relief/?utm_source=newsletter&utm_medium=email&utm_campaign=newsletter_04072020

Online Webinars and Training for Educators and Administrators

- Webinar Hosted by Scholar's Choice Outdoor Play & Early Learning – **Tuesday April 14 at 8:00 pm** - <https://cccf-fcsge.us5.list-manage.com/track/click?u=83a04974a454bb6706e5bf14d&id=2b6a73db75&e=a50008f252>
- HiMama online webinar **Thursday April 16, 2020 at 2:00 p.m.** on Covid-19 Crisis Management - https://wow.himama.com/register-himamahelps-crisismanagement/?mkt_tok=eyJpIjoiT0RFd01HSTRNVGhrWWpjMSIsInQiOiIwQ3BwMjBqWDJTQIRBNTZ2UUUpWUUZnZmhMWN4dld1b1wveG9WMjZUeWFvWkhqaGkyWHJDUzdCQWIOaEFqc3BFK29YZHJ0UnhDSTZ2N3NQbmErQTJ0UmlxTctTMnRvT1VJQnJacVNjVlwwRGdzNjM1MmJpaGtRcGkxcFR6a3VNQ1J5In0%3D
- Canada's ELCC Sector and COVID - 19 -- What's Happening? How do We Move Forward? A CCCF Webinar – **April 16, 2020 at 8:00 p.m.** - <https://cccf-fcsge.us5.list-manage.com/track/click?u=83a04974a454bb6706e5bf14d&id=e93087b4bb&e=a50008f252>
- Infant Mental Health Promotion – Free Infant Mental Health (IMH 101) The Basics webinar - <https://surveys.sickkids.ca/surveys/?s=N8TLMAJEJ8>



- Website Nature Explore – offering free webinars for educators on various topics - <https://natureexplore.org/workshops/educator-workshops/>
- Dr. Dan Siegel offering weekly Pepp talks on Fridays - https://www.crowdcast.io/e/PEPPTalk/register?utm_source=Mindsight%20Institute%20Master%20List&utm_campaign=77df875932-EMAIL_CAMPAIGN_2020_02_28_01_08_COPY_01&utm_medium=email&utm_term=0_562796b3c8-77df875932-300929165&session=1
- Children and Nature Network online chat with author Richard Louv Wednesday April 15, 2020 12:00 p.m. Central Time - <https://www.anymeeting.com/AccountManager/RegEv.aspx?PIID=EE55DD87814F39>
- Play, Child Development, and Relationships: A Preschool Teacher in China Shares Her Virtual Teaching Experience (article) - <https://www.naeyc.org/resources/pubs/tyc/apr2020/play-child-development-and-relationships>

Small Business Webinars

- Indeed Webinar - How to Navigate a Remote Workforce **Thursday April 16 from 1:00 to 1:30 pm** - https://offers.indeed.com/CA_en_041620_NavigateaRemoteWorkforce_WBN.html?utm_source=Invite1&utm_content=cta1&mkt_tok=eyJpIjoiWkRKalpUY3laVFpoTnpObCIsInQiOiJcL21BYmRUVkhodzZ2bHNzWkprSFIZd24zejNKOXR2UVZcL3lpWTZoUkV1YkRBWmlOdDNNVG1KRHgrSzNaQVwvTDRIWUV1N1RSY3p1M0VJXC9BYWdlVnFZVVJhbkhBODYrSGxKd0I2a1VTVGZ5S0xReXRWd2o1YUpNQmFSdGJFeVg5UES0R0czUlwwUDVvd2RlbgJMbHduc1RNUT09In0%3D
- Digital Main Street – free online webinars for small businesses - <https://digitalmainstreet.ca/events/>

Supports for Health and Wellness

- Canadian Mental Health Association Niagara - <https://cmhaniagara.ca/>
- Pathstone Mental Health - <https://pathstonementalhealth.ca/>
- Distress Centre Niagara - <http://distresscentreniagara.com/>
- Website The Loop with articles on sleep routines - <https://www.theloop.ca/how-to-fix-your-sleep-routine-while-in-self-isolation>
- Website The Loop with articles on ways to manage stress during uncertain times - <https://www.theloop.ca/three-practical-ways-to-manage-stress-during-uncertain-times/>



Resources for working with Children of all Ages

- Storypark offering some ideas on activities on how to support children's learning at home - https://blog.storypark.com/2020/03/how-to-support-childrens-learning-at-home-through-play/?utm_source=Newsletter&utm_medium=Email&utm_campaign=Learning%20at%20home%20%E2%02%20Newsletter%20%E2%02%20Email
- Kiwi Co offering STEAM activities for children by age grouping - https://www.kiwico.com/kids-at-home?utm_medium=email&utm_source=blast&utm_content=promo&utm_term=lgx&utm_ad=1097661&utm_campaign=lgx-30-032320
- Hi Mama offering 10 Quarantine Activities for kids with free printables - https://blog.himama.com/10-quarantine-activities-for-kids-with-free-printables/?utm_source=marketo&utm_medium=email&utm_campaign=covid-drip
- First Book Canada – Free 12 month subscription Red Apple Reading program for Children ages 4 – 8 - <https://www.fbmpcanada.org/red-apple-reading-educator-subscription-30-students>
- <https://www.montessorinature.com/montessori-preschool-activities-games/> – Montessori Nature access free resource library.
- <https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/?slide=5> – Good Housekeeping offers 50 fun activities for kids that will keep them entertained for hours.
- <https://www.kids-cooking-activities.com/international-gourmet-recipes.html> - Kids cooking activities.

