



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 12

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

- Ministry of Education Extension of Emergency orders: English - [click here](#)/French – [click here](#)
- Government of Ontario When and How to Wear a Mask Recommendations for the General Public: [click here](#)
- Government of Canada Navigating Financial Help During COVID-19: [click here](#)
- Government of Ontario Action Plan 2020: Responding to COVID-19: [click here](#)
- Niagara Region COVID-19 Statistics: [click here](#)
- Ministry of Health Ontario Public Health Unit Locator: [click here](#)
- Niagara Region Public Health Daily Covid-19 Updates: [click here](#)
- Niagara Region Service Closures and Disruptions Update: [click here](#)
- Ontario Government Supporting Parents as Economy Reopens: [click here](#)
- Government of Ontario Emergency Shelters for Women and Children: [click here](#)
- Government of Ontario Indigenous Individuals and Families Supports: [click here](#)
- How can we talk to kids about COVID-19? Be “realistically reassuring”: [click here](#)
- Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care: [click here](#)
- How to cope with social distancing during COVID-19: [click here](#)

Online Webinars and Training for Educators and Administrators

- "HiMama Helps Webinar: COVID-19 Center Reopening Checklist" - **Thursday, June 11 at 2:00 pm ET (1 CT, 12 MT, 11 PT):** [click here](#)
- Enhancing Whole-Child Development through Natural Outdoor Classrooms – **June 17, 2020 at 1:00 pm:** [click here](#)
- Nature-Based Learning "Ask Me Anything" with Julie Powers and Sheila Williams Ridge – **June 24, 2020 at 4:00 pm:** [click here](#)
- Learning Naturally – The Joys of Teaching – **June 25, 2020 from 7:00 to 8:00 pm:** [click here](#)
- Where Intervention Happens: A Routines-Based Approach for Young Children with Disabilities – **July 15, 2020 from 3:30 to 4:30 pm:** [click here](#)
- Using ASQ:SE-2 Effectively with Parents During Virtual Screening Interviews (**Recorded**): [click here](#)
- Working With Young Children During COVID-19 (**Recorded**): [click here](#)
- Exploring The Role Of Men - A Webinar By The World Forum Men In Early Childhood Education Working Group (**Recorded**): [click here](#)



Online Podcasts and Videos

- Centre on the Developing Child Harvard University - The Brain Architects Podcast: COVID-19 Special Edition: A Different World: [click here](#)
- Nutrition Connections Food and Health Today Podcast: [click here](#)
- Explore: A Canadian Geographic Podcast presents David Saint-Jacques: [click here](#)

Diversity and Inclusion Resources

- Our Children, Our Workforce Why We Must Talk About Race and Racism in Early Childhood Education: [click here](#)
- Canadian Child Care Federation (CCCF) Families & Practitioners: Working Collaboratively to Support Cultural Identity in Young Children: [click here](#)
- Remote Instruction: Pedagogical Supports for Culturally Responsive and Sustaining Practices: [click here](#)
- Children Are Not Colorblind: How Young Children Learn Race: [click here](#)
- Rethinking Family Engagement During School Closures: [click here](#)
- Conversations that Matter: Talking with Children About Big World Issues: [click here](#)
- Teaching Young Children about Race - A Guide for Parents and Teachers: [click here](#)
- Canadian Child Care Federation (CCCF) Bridging Between Cultural and Professional Practice in Diverse Early Childhood Settings: [click here](#)
- Canadian Child Care Federation (CCCF) The Challenges of Cultural Competence: [click here](#)
- Canadian Child Care Federation (CCCF) - C'mon In ... And Welcome! Supporting newcomers in Canadian child care centres: [click here](#)
- Early Childhood Anti-Bias Education Booklists: [click here](#)
- Anti-Racism at Brock: [click here](#)
- Raising Little Allies-to-be: [click here](#)

Small Business Resources and Remote Office Environments

- 10 Ways for Childcare Providers to Fundraise During COVID-19: [click here](#)
- The Ultimate Working From Home Guide: [click here](#)
- 9 Tips to Improve Work-Life Balance When Working from Home: [click here](#)



Early Learning Websites

- Outdoor Play Canada - Pandemic Play: Child-Centred Policy in a Global Crisis: [click here](#)
- College of Early Childhood Educators (CECE) College Talk: COVID-19 heroes: RECEs in Emergency Care: [click here](#)
- Childcare Resources and Research Unit (CCRU) Child care and COVID-19 in Canada: [click here](#)
- College of Early Childhood Educators (CECE) COVID-19 Updates: [click here](#)
- Ontario College of Teachers - COVID-19 News, Resources and FAQ: [click here](#)

Health and Wellness

- Families Canada and partner Frog Hollow Neighbourhood House are introducing a Senior's Dancing initiative: **June 8th, June 15th, June 22nd and June 29th**, from **12:30 to 1:30 pm** (PST): [click here to join](#)
- Strengthening Emotional Well-Being and Resilience – **June 30, 2020 from 7:00 to 8:00 pm**: [click here](#)
- Big White Wall – Online Community Support: [click here](#)
- Help Stressed Babies and Toddlers During the Pandemic: [click here](#)
- Online Yoga and Music Classes: [click here](#)
- 10 Ways Parents Can Bring Social-Emotional Learning Home: [click here](#)
- How to Feed Your Growing Child How to Feed Your Growing Child: [click here](#)
- The Secret to Your Spiritual Well-being: [click here](#)
- Meditation: Spacious, Loving Awareness by Tara Brach: [click here](#)
- Mental Health and the COVID-19 Pandemic: [click here](#)

Resources for Working With Children of All Ages

- Promoting Developmentally Supportive Parenting: 3 Key Components to Focus on with Families: [click here](#)
- 12 At-Home Spring Activities to Boost Your Child's Development: [click here](#)
- 24 At-Home Learning Activities to Share with Parents of Young Children: [click here](#)
- Red Apple Reading – Free Remote Learning Programs for Ages 4-8: [click here](#)
- Information Sheet Encyclopedia on Early Childhood Development: [click here](#)
- ConnectAbility Create Visual Supports for Your Child: [click here](#)
- Kahn Academy from Early Math to Calculus: [click here](#)
- Free Children Stories for Kids! [click here](#)
- 40+ Best Indoor Activities from Busy Toddler: [click here](#)
- Switch Zoo Animal Games: [click here](#)
- 80+ Free Science Activities: [click here](#)



Outdoor Activities Celebrating International Mud Day

- International Mud Day (June 29, 2020) Activities: [click here](#)
- All About Mud Day: [click here](#)
- 20 Glorious Ways to Play with Mud! [click here](#)
- Rusty Keeler's Backyard Episode 3 – Construction Tips: [click here](#)
- Dig for Victory: How to Grow your own Food at Home, Even if you Don't Have a Garden! [click here](#)
- Preschool Mud Day! [click here](#)

Cultural and Entertainment Opportunities

- Cellists from Toronto Symphony Orchestra Musical Moment perform Somewhere Over the Rainbow: [click here](#)
- Tubi - Thousands of movies and TV shows. Available Anywhere. Always Free. [click here](#)
- Virtual Pride Parade Toronto: [click here](#)

Uplifting Story of the Week

- Cross-Ontario Bike Ride to Support Youth Mental Health Switches Gears due to Pandemic: [click here](#)
- Do you have any uplifting stories you would like to share? [Click here](#) to email the Early Childhood Community Development Centre and it may be included in a future edition of The Couch Exchange.

For Further Information Regarding Early Childhood Community Development Centre's Services During Covid-19

- [click here](#)
- **Free Resource Highlight**
 - Branching Out: Resource Updates to Support the Growth and Goals of Educators – Issue 2: [click here](#)

