



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 7

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

- **Public Services Health and Safety Association | Health and Safety Guidance During COVID-19 For Employers of Office Settings (new):** [click here](#)
- **Health and Safety Association Guidance Documents for Workplaces During the COVID-19 Outbreak (new):** [click here](#)
- **Government of Ontario - A Framework for Reopening our Province (new):** [click here](#)
- **Government of Canada COVID-19:** [click here](#)
- **Government of Canada COVID-19 Economic Response Plan:** [click here](#)
- **Government of Ontario – The 2019 Novel Coronavirus (COVID-19):** [click here](#)
- **Ministry of Health Ontario Public Health Unit Locator:** [click here](#)
- **Niagara Region Public Health Daily Covid-19 Updates:** [click here](#)

Online Webinars and Training for Educators and Administrators

- **Maintaining a Positive Mindset About the Future During a Time of Crisis Webinar – May 1, 2020 @ 9:00 pm** [click here](#)
- **Heart-Centered Self-Care Inspired by Nature - May 4, 2020 @ 3:00 pm:** [click here](#)
- **NATURE'S Role in Supporting Resilience in Times of Adversity – May 5, 2020 from 12:00 pm to 1:00 pm** [click here](#)
- **Early Childhood Development in a Time of Pandemic: Prosocial behavior – May 6, 2020 @ 1:00 pm (English) and 2:00 pm (Français):** [click here](#)
- **Attuned Interactions and Healthy Relationships Support Early Development – May 6, 2020 @ 2:00 pm:** [click here](#)
- **Transform Challenging Behavior Online Conference – May 6-12, 2020:** [click here](#)
- **Families Canada – Family Support during COVID-19 Pandemic: Let's Talk – May 8, 2020 @ 1:00 pm:** [click here](#)
- **Early Childhood Development in a Time of Pandemic: Peer relations – May 13, 2020 @ 1:00 pm (English) and 2:00 pm (Français):** [click here](#)
- **Canadian Child Care Federation (CCCF) Webinar: Canada's ELCC Sector and COVID – 19 — What's Happening? How do We Move Forward? (Recording):** [click here](#)



Early Learning Websites to Watch for Updates

- Canadian Child Care Federation (CCCF) Plan to sustain Canada’s Early Learning and Child Care (ELCC) through the COVID-19 pandemic: [click here](#)
- Child Care during COVID-19 – Provinces/Territories - Operation of services, Emergency services and Funding Chart: [click here](#)
- Ontario College of Teachers - COVID-19 News, Resources and FAQ: [click here](#)
- Childcare Resource and Research Unit Plan to Sustain Canada’s Early Learning and Child Care Sector through the COVID-19 Pandemic: [click here](#)
- Childcare Resource and Research Unit Care at the Core: Social Solidarity and Childcare are at the Centre of Social and Economic Recovery: [click here](#)
- Being a Child Care Leader During COVID-19: [click here](#)
- Remote Learning During COVID-19: [click here](#)

Resources Related to Mental Health

- Niagara Region Mental Health Support: [click here](#)
- Pathstone Mental Health – Your COVID-19 Mental Health Tool Kit: [click here](#)
- Canadian Mental Health Association – CMHA Mental Health Week – **May 4-10, 2020**: [click here](#)
- Caregiver Mental Health During COVID-19 Outbreak: [click here](#)
- Check In On Your Mental Health: [click here](#)
- 10 Tips On How To THRIVE Rather Than Just SURVIVE Lockdown: [click here](#)
- Your Mental Health - Kindness Is Contagious. Not Just Fear: [click here](#)

Small Business Resources and Remote Office Environments

- Occupational Health Clinics for Ontario Workers Inc. - Safely Working From Home Ergonomics: [click here](#)
- Tips for Parents Working From Home: [click here](#)
- How to Work from Home with Kids (Without Losing It): [click here](#)
- Digital Transformation Series – **May 12, 2020 from 12:00 pm to 1:00 pm**: [click here](#)

Health and Wellness

- YMCA’s YWell Home: Anxiety - Finding a Balance: [click here](#)
- Practice self-compassion: [click here](#)
- New Day Meditation: [click here](#)
- Online Stress Management Program: [click here](#)
- “Lie in the grass, the soft grass”: Relaxation Accounts of Young Children Attending Childcare [click here](#)
- The Science of Well-Being: [click here](#)



Resources for Working With Children of All Ages

- Rusty Keeler's Welcome to my Backyard: [click here](#)
- Rusty Keeler's Do It Yourself Playscape Projects: [click here](#)
- Children and Nature Network Playground Resources: [click here](#)
- Connecting Children and Families to Nature During the Pandemic: [click here](#)
- The Open Library: [click here](#)
- Storyline Online: [click here](#)
- What Do I Do if my Parents Get Sick? Your COVID-19 questions answered — Kids' Edition: [click here](#)
- Explain Coronavirus to your Kids with this Book drawn by The Gruffalo Illustrator: [click here](#)
- What Is COVID-19? And How Does It Relate to Child Development? [click here](#)
- Window Nature Bingo – Bring the wild inside: [click here](#)
- At-Home Exercises for Kids: [click here](#)
- Paper Structures and Engineering Challenge: [click here](#)
- Online Jigsaw Puzzles from 6-1000+ Pieces: [click here](#)

Cultural and Entertainment Opportunities

- Science World – Science Theatre Shows: [click here](#)
- Young Kids Can Get WILD with Hinterland Who's Who App and Videos: [click here](#)
- Monterey Bay Aquarium – Kelp Forest Cam (Live) from 1:00 pm: [click here](#)
- Kruger National Park Live from South Africa: [click here](#)

Uplifting Story of the Week

- Port Dalhousie Nursery School – Happy Together Project: [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](#)

