



## The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 9

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 Ontario News Release - Ontario Announces Additional Workplaces that Can Reopen (May 14): [click here](#)
- Government of Ontario's Detailed List of Stage 1 Openings: [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](#)
- 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 COVID-19 Information: English: [click here](#) / French: [click here](#) / [Nishnaabemwin \(Eastern Ojibwe\)](#) / [Kanien'kéha \(Mohawk\)](#) / [ᐱᐃᐃᐃᐃᐃᐃ \(Oji-Cree\)](#) / [ᐃᐃᐃᐃᐃᐃᐃᐃᐃᐃ \(Swampy Cree\)](#)
- Government of Ontario Indigenous Individuals and Families Supports: [click here](#)
- Public Services Health and Safety Association | Health and Safety Guidance During COVID-19 For Employers of Office Settings: [click here](#)

### Online Webinars and Training for Educators and Administrators

- Families Canada (FC) and the Centre of Excellence for Early Childhood Development (CEECD) - Early Childhood Development in a Time of Pandemic – **Every Thursday @ 1:00 pm (English) / 2:00 pm (French):** [click here](#)
- How to use Technology to Engage Families Remotely – **May 19, 2020 @ 8:00 pm:** [click here](#)
- Transitioning from Digital PreK to Kindergarten Classrooms: Preparing Children, Families, and Educators – **May 20, 2020 @ 1:00 pm:** [click here](#)
- You Matter: Promoting Professional Resilience During Collective Crisis – **May 20, 2020 @ 2:00 pm:** [click here](#)



- Canadian Association of Montessori Teachers (CAMT) Practical Life for Montessori Teachers in Uncertain and Unsettling Times – **May 20, 2020 from 7:00 pm to 8:30 pm: [click here](#)**
- Early Education in Quarantine: What Happens Now? Online Symposium – **May 21, 2020: [click here](#)**
- Innovations Under Crises: A Strategic Decision – **May 21, 2020 @ 1:00 pm: [click here](#)**
- Leadership Lessons from the Boardroom – **May 21, 2020 from 2:00 pm to 2:30 pm: [click here](#)**
- Ontario Teachers' Federation (OTF) Living, Learning and Creating: The Learning Library Commons (LLC) in a Virtual World – **May 27, 2020 from 4:00 pm to 5:00 pm: [click here](#)**
- Ontario Teachers' Federation (OTF) Faire ce que l'on peut – **May 28, 2020 from 4 :00 pm to 5 :00 pm: [click here](#)**
- Aim4Excellence™ Leadership Snapshots | Leading During Uncertainty: Rebuilding Staff Capacity – **June 3, 2020 from 12:00 pm to 1:00 pm: [click here](#)**
- Rebuild Your ECE Program for the New Normal: Part 1- Business Practices – **June 18, 2020 @ 2:00 pm: [click here](#)**

## Online Podcasts and Videos

- From Surviving to Thriving – Creating a Way Forward in Challenging Times: [click here](#)
- CP24 Ontario Plans to Provide Funding to Shuttered Childcare centres to cover 'Fixed Operating Costs': [click here](#)
- Lego Justin Trudeau – A Message for Canadian Children: [click here](#)
- That Early Childhood Nerd Explorations Early Learning Podcast: [click here](#)
- The Preschool Podcast: For Leaders in Early Childhood Education: [click here](#)
- Sesame Street Caring for Each Other: [click here](#)
- Modern Calligraphy: [click here](#)
- ROMcast: The Uncatalogued Stories: [click here](#)
- Toronto Biennial of Art Podcasts: [click here](#)

## Early Learning Websites to Watch for Updates

- Childcare Resources and Research Unit (CCRU) Child care and COVID-19 in Canada: [click here](#)
- Public Services Health & Safety Association: COVID-19: Precautions When Working As A Childcare Provider: [click here](#)
- Supporting Children and Families During Uncertain Times: [click here](#)
- 10 Considerations for ECE Leaders responding to Covid-19: [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](#)



## Resources Related to Mental Health

- Mental Health Works - Mental Health at Work: Compassion fatigue during COVID-19 – **May 22, 2020 @ 1:00 pm:** [click here](#)
- Mental Health Works - La fatigue de la compassion durant COVID-19 – **May 26, 2020 @ 11 :00 am:** [click here](#)
- Strengthening Mental Health and Wellness During COVID-19: [click here](#)
- COVID-19: Practical cognitive behavioural strategies to manage your mental health: [click here](#)
- 10 Quick Mindfulness Exercises for Coping with COVID-19 Stress and Anxiety: [click here](#)
- Unsure of How to Talk to your Child about COVID-19? Here are some Helpful Tips: [click here](#)
- Wellness Together Canada: Mental Health and Substance Use Support: [click here](#)
- Niagara Region Mental Health Services for Adults: [click here](#)
- Pathstone Mental Health Services: [click here](#)
- Centre for Addiction and Mental Health (CAMH) Covid-19 Updates: [click here](#)
- Canadian Mental Health Association Niagara (CMHA) Mental Health Brochures: [click here](#)
- Mental Health Works: [click here](#)

## Small Business Resources and Remote Office Environments

- Looking Back to Think Forward | Risk Management: Emergency Preparedness: [click here](#)
- 5 Steps to Prepare Your Child Care Center For Re-Opening After COVID-19: [click here](#)
- How to Work from Home Efficiently with Kids: [click here](#)
- Tips For Creating a Home Office in a Small Space: [click here](#)
- Supporting Adults in your community: [click here](#)
- Teaching Kids at Home During Coronavirus: Pro Tips From Homeschoolers: [click here](#)

## Health and Wellness

- Indigenous Climate Actions: COVID19 Resources for Indigenous Peoples: [click here](#)
- Helping children learn healthy hygiene practices! [click here](#)
- Public Services Health & Safety Association: Health and Safety Guidance During COVID-19 For Employers of Child Care Centres: [click here](#)
- Free Online Meditation Classes: [click here](#)
- Quiet Kit Box Breathing: [click here](#)
- Physical Activity and Early Childhood: Building Lifelong Habits: [click here](#)
- Nature's role in supporting resilience during times of adversity: [click here](#)



## Resources for Working With Children of All Ages

- Virtual Story Times and Singalongs: [click here](#)
- Fun Activities with Children: [click here](#)
- The Urgent Need for Nature During and After COVID-19: [click here](#)
- A Celebration of our Connection to the Ocean: [click here](#)
- DIY Hanging Planter for Herbs: [click here](#)
- Online Books for Children: [click here](#)
- Play & Learn – Engaging Activities: [click here](#)
- A Parent’s Guide to Promoting Early Learning and Development at Home (0 - 5 years): [click here](#)
- President’s Choice Insiders Project: [click here](#)
- Earth Science Jr. Resource Roundup: Free Educational Resources (Pre-K to Continuing Education Students): [click here](#)

## Cultural and Entertainment Opportunities

- Create with #AGOfromHome: [click here](#)
- Point Pelee National Park Monarch Butterflies: [click here](#)
- Canada’s National Ballet School – Dance at Home Kids: [click here](#)
- Best Hair Cutting Techniques – The Ultimate Guide (52 Free Videos): [click here](#)

## Uplifting Story of the Week

- Power Glen Early Learning & Child Care Centre’s “What’s in your Fridge?” Fun Video: [click here](#)
- Grimsby Co-operative Preschool’s We're Family: Preschool teachers deliver hanging baskets for Mother's Day: [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 Highlights**
  - Mindful Moments: [click here](#)
  - Brain Story Tip Sheet: [click here](#)