CDRCP would like to thank the Region of Peel for their continued funding of professional education and learning opportunities. Through this support, CDRCP is able to offer discounted rates for sessions and conferences to the child care and early years’ community.
Important Reminders!

Online Registration

All professional education registrations are to be completed **ONLINE ONLY**. Professional Education administrative support is available over the phone, for technical issues and complex registration processes. We thank you for your co-operation.

Subscribe

Want the most up-to-date information from CDRCP? **SUBSCRIBE** to stay informed about:

- Professional education and learning opportunities
- Relevant information and updates
- Job opportunities

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Webinars

Looking for new ways to expand your knowledge and skill set? Checkout CDRCP’s selection of **WEBINARS** for quick and convenient training opportunities!

- NEW webinars offered frequently
- FREE of cost!
- Relevant/current information that applies to your work
- Professional presenters with expertise on diverse subjects

For a complete list of current webinars see pages 60 to 70

Feedback

Do you have feedback on training that went well or improvements you would like to see? Send us a quick email with your suggestions and improvements to [register@cdrp.com](mailto:register@cdrp.com). We love hearing from you and value your feedback!
Operator Reimbursement for Casual Staff

All child care and early years’ programs are eligible to apply for reimbursement for replacement (supply) staff that are covering program staff attending professional education sessions offered through CDRCP, Food Handlers’ sessions, and CPR sessions (held on Fridays only). The reimbursement funding will be for supply coverage during the hours of 8:00 a.m. to 6:00 p.m. Monday through Friday, with the exception of statutory holidays. Programs will be eligible to receive $15.00 per hour for supply staff. For more information, please contact Judy at judy@cdrcp.com or at 905-507-9360 ext. 330. Downloadable forms are always available on our website, www.cdrcp.com/professional-education.

CDRCP Blogs

CDRCP has recently started blogging! If you are looking for information in a quick-read format on relevant and useful topics related to childcare practices, program ideas, and professional education then make sure to check out our blogs—with frequent updates go to: www.cdrcp.com/blog to see the list.

Scent-Sensitive Reminder

Just a reminder that CDRCP promotes a scent free environment. Please refrain from wearing any scented products. CDRCP respects the rights of all visitors. Service animals or other aides that foster a person’s independence are welcome in this environment.

Please Note

Children under the age of 16 are not permitted in the Resource Centre or any Professional Education training, including Standard First Aid and CPR. We apologize for any inconvenience.
It is highly recommended participants take all components of a series in the order they are presented to enhance their knowledge and understanding of the material. Missing sessions may impact the comprehension of the material, and the overall quality of the professional learning experience.

**Business and Human Resources:**

*Supporting the Development of Your Program’s Inclusion Policy*, with the Region of Peel

- **September 12** - Supporting the Development of Your Program’s Inclusion Policy: Part 1
- **October 11** - Supporting the Development of Your Program’s Inclusion Policy: Part 2

**Health and Wellness:**

*Promoting Resilience and Responding to Trauma in Refugee Children*, with Heather Savazzi

- **September 27** - Promoting Resilience and Responding to Trauma in Refugee Children
- **October 4** - Promoting Resilience and Responding to Trauma in Refugee Children

*Peel to Heal*, with Angelique Benois

- **November 15** - Peel to Heal: MentAbility in the Workplace
- **November 27** - Connect Four: Customizable Self-Care for All

*Surviving Stress and Beating Burnout*, with Andriana Mantas

- **October 30** - Surviving Stress and Beating Burnout
- **November 6** - Surviving Stress and Beating Burnout

*Understanding and Applying the New Child Care Healthy Menu Planning Recommendation*

- **October 10** - Understanding and Applying the New Child Care Healthy Menu Planning Recommendations
- **October 17** - Understanding and Applying the New Child Care Healthy Menu Planning Recommendations
It is highly recommended participants take all components of a series in the order they are presented to enhance their knowledge and understanding of the material. Missing sessions may impact the comprehension of the material, and the overall quality of the professional learning experience.

**Program and Curriculum:**

**How Does Learning Happen, with Ginette Wilson, ECCDC, 7:00 pm– 9:00 pm (3 part series)**

- **September 26** - Environments in a Home Child Care
- **November 13** - Invitations to Play in a Home Child Care
- **November 14** - Observing and Documenting Children’s Learning

**How Does Learning Happen– Going Further, with Cindy Green, 6:30 pm– 8:30 pm (3 part series)**

- **September 27** - Being, Belonging and Well Being
- **October 10** - Engaging Environments: Invitations and Provocations
- **October 30** - Dramatic Play and Literacy: Expression Through

**Montessori Series, with Sandra Girlato, Foundation for Montessori Education/Montessori Fundamentals,**

- **October 18** - The House that Montessori Built
- **November 8** - How Your Child Grows
- **November 27** - Montessori and Mindfulness

**Promoting Resilience in Children, with Dr. Saadia Akram-Pall, 6:30 pm– 8:30 pm (2 part series)**

- **October 11** - Promoting Resilience in Children: Part 1
- **November 22** - Promoting Resilience in Children: Part 2
SERIES

It is highly recommended participants take all components of a series in the order they are presented to enhance their knowledge and understanding of the material. Missing sessions may impact the comprehension of the material and the overall quality of the professional learning experience.

Program and Curriculum:

Steam Education Series, with Conestoga College Early Childhood Professional Resource Centre,
6:30 pm– 8:30 pm (3 part series)

October 2 - Unpacking STEAM Education for the Early Years

October 16 - Rediscovering the Sense of Wonder through STEAM Education

October 30 - Calling all Engineers: Reawaken the Inventors in your Program
CPR Courses Availability:

Course availability is structured through community need, please select courses that align with your training needs. CDRCP is not responsible for tracking individuals’ training requirements, it is the responsibility of the individual to be aware of the course that is best suited for them. Participants are encouraged to dress comfortably in order to participate in training activities. Lunch will not be included, however, participants will be close to local restaurants.

Certifications:

Standard First Aid and CPR-C is a 3 year certification. It is highly recommended that two renewal programs are not completed consecutively. One renewal program must be completed then following the completion of the two-full day program within the next three year period.

Standard First Aid and CPR (level C):

A 16-hour combination first aid course and Heartsaver A level CPR program. Day 1 is Emergency First Aid and CPR followed by a second day which includes recognition and treatment for head and spinal injuries, heat and cold injuries, poisons, asthmatic attacks, allergic reactions, bites, stings, and eye injuries, plus an assortment of practical scenarios designed to reinforce participants’ skills and confidence. This is a dual certification in Standard First Aid and Heartsaver A CPR. This program meets the curriculum requirements of the Workers Compensation Act (Reg. 1101) of Ontario, The Canada Labour Code and is approved for workplace training by the Workers' Safety and Insurance Board, Health Canada and the Ontario Ministry of Health and Long-Term Care.

Renewal: Standard First Aid and CPR-C

The Standard First Aid with CPR-C Renewal course combines adult/child and infant CPR along with the recognition and treatment of medical emergencies and traumatic injuries. Modules include shock, bleeding, wound care, burns, head and spinal management along with diabetic emergencies, seizures, asthma and allergic reactions. The course provides the steps for relief of choking for adult, children and infants. It also includes a hands-on training component for the use of an Automated External Defibrillator (AED).

Friendly Reminder!

Sessions are subject to fluctuation throughout the calendar year. For the most up-to-date information on available sessions, including Standard First Aid and CPR, please see our PE calendar or our Quality Initiatives page for what’s new. You can register by either going online, www.cdrcp.com or calling anyone on the Quality Initiatives Team, 905-507-9360.
**Standard First Aid and CPR Sessions Available**

Standard First Aid and CPR (level C) Sessions: *Training will take place from 8:30 AM—4:30 PM (16 hours)*

<table>
<thead>
<tr>
<th>Sessions Available</th>
<th>Location</th>
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<tbody>
<tr>
<td>Saturday September 22 and Saturday September 29, 2018</td>
<td>CDRCP #103 – 75 Watline Avenue, Mississauga, ON L4Z 3E5</td>
</tr>
<tr>
<td>Saturday October 20 and Saturday October 27, 2018</td>
<td>CDRCP #103 – 75 Watline Avenue, Mississauga, ON L4Z 3E5</td>
</tr>
<tr>
<td>Saturday November 17 and Saturday November 24, 2018</td>
<td>CDRCP #103 – 75 Watline Avenue, Mississauga, ON L4Z 3E5</td>
</tr>
<tr>
<td>Saturday December 1 and Saturday December 8, 2018</td>
<td>CDRCP #103 – 75 Watline Avenue, Mississauga, ON L4Z 3E5</td>
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</table>

**Renewal: Standard First Aid and CPR-C Sessions:** *Training will take place from 8:30AM—4:30PM (8 hours)*

<table>
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<tr>
<th>Sessions Available</th>
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<tbody>
<tr>
<td>Saturday September 8, 2018</td>
<td><strong>Mississauga—Homewood Suites,</strong> 6430 Edwards Blvd, Mississauga, ON L5T 2Y3</td>
</tr>
<tr>
<td>Friday October 19, 2018</td>
<td>CDRCP #103 – 75 Watline Avenue, Mississauga, ON L4Z 3E5</td>
</tr>
<tr>
<td>Saturday November 10, 2018</td>
<td>CDRCP #103 – 75 Watline Avenue, Mississauga, ON L4Z 3E5</td>
</tr>
<tr>
<td>Friday December 7, 2018</td>
<td><strong>Mississauga—Hilton Garden Inn,</strong> 100 Traders Blvd East, Mississauga, ON L4Z 2H7 (beside CDRC)</td>
</tr>
</tbody>
</table>
How to Register

Online
Please visit www.cdrcp.com/professional-education to register online by using the calendar. All registration should be completed online.

Fax
Send your completed registration form with payment information (credit card or copy of the cheque) to 905-890-8325.

Call
Contact anyone on the Quality Initiatives team at 905-507-9360 with online registration support (credit card over the phone).

In Person
Pay by: Cash, Debit, Credit Card, or Cheque at the time of registration.
Please note: all payments must be made prior to attending workshops

CANCELATION AND REFUND POLICY:
All registrations must be accompanied by payment. If you are paying by cheque, please fax in a copy of the cheque along with the registration form and deposit the cheque in the mail by the next business day. Cheques should be made payable to CDRCP. Post-dated cheques are not accepted as payment confirms your registration. A Service Charge will apply to all NSF cheques. Cash will only be accepted if paying at the time of registration. CANCELLATION AND REFUND POLICY: Should you be unable to attend a workshop, it will result in a loss of payment. No refunds are provided once you register.

ARRIVAL POLICY:
All sessions will begin promptly at the noted time indicted in the workshop description. Please arrive on time to ensure you do not miss valuable information. If participants are late, it will be under CDRCP’s discretion to allow registrants into the workshop.
### Training Cost: Cost for Professional Education Sessions

<table>
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<th>Fee</th>
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<td>$6.00</td>
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<tr>
<td>Licensed Child Care and Early Years’ Programs in Peel:</td>
<td>$16.00</td>
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### Cost for Standard First Aid and Infant Child CPR

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</tr>
<tr>
<td>Licensed Child Care and Early Years’ Programs in Peel:</td>
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### Cost for Renewal: Standard First Aid and CPR-C

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<tr>
<td>Licensed Child Care and Early Years’ Programs in Peel:</td>
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<td>Other: Individual(s) working outside Peel Region:</td>
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### Cost for Setting the Stage Training and Train the Trainer

<table>
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<th>Fee</th>
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<tr>
<td>Raising the Bar Programs in Peel:</td>
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<tr>
<td>Licensed Child Care and Early Years’ Programs in Peel:</td>
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<tr>
<td>Other: Individual(s) working outside Peel Region:</td>
<td>$180.00</td>
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</tbody>
</table>
### Business and Human Resources

#### A Guide to Setting Boundaries at Work

Every supervisor or director knows that a program runs on the adherence of rules, regulations, and expectations. But what happens when personal and professional boundaries are transgressed and control slips away? Discover how to ensure a sense of order and direction in your program or centre and in doing so, create a culture of peace and harmony!

- **Date/Time:** Thursday September 13, 1:30 pm – 3:30 pm
- **Presenter:** Michael Lewis, Michael Lewis Training, Motivation and Development
- **Level:** Intermediate and Advanced
- **Audience:** Supervisors, Managers and Licensees
- **Location:** Mississauga—Homewood Suites, 6430 Edwards Blvd, Mississauga, ON L5T 2Y3

#### Supporting the Development of Your Program’s Inclusion Policy—SERIES 1 OF 2

This interactive session will provide participants with the opportunity to develop or enhance their program’s Inclusion Policy. Focus will be placed on a clear understanding of Inclusion, the criteria that is required within an Inclusion Policy in the Region of Peel, and prioritizing the steps in supporting the implementation of your program’s Inclusion Policy.

- **Date/Time:** Wednesday September 12, 1:30 pm – 3:30 pm
- **Presenter:** Sandy Evely and Heather Murphy, Region of Peel
- **Level:** Beginners and Intermediate
- **Audience:** Supervisors, Managers and Licensees
- **Location:** Mississauga—Hilton Garden Inn, 100 Traders Blvd East Mississauga, ON L4Z 2H7 (beside CDRCP)

#### Maximizing Mentorship

Much of what gets put into an employee manual fails to address the culture of the workplace. Not everything can be explained with clarity and conciseness. However, effective mentoring can provide so much more than just the bare facts. An experienced employee can add to the emotional richness within the environment. Costly mistakes can be avoided when mentorship is used to provide additional help to support decision-making. This workshop will provide insight into the advantages of establishing a mentoring program to maximize new employee onboarding. It will demonstrate how morale is boosted when mentors are acknowledged and appreciated. Several opportunities to design and implement a rewarding mentorship program will be explored.

- **Date/Time:** Thursday September 20, 9:30 am – 11:30 am
- **Presenter:** Merri Macartney, BA, BEd, CPC
- **Level:** Intermediate and Advanced
- **Audience:** Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103 Mississauga, L4Z 3E5
**Business and Human Resources**

### Engaging Your Community Online Through Corporate Social Responsibility (CSR) Initiatives

How can your organization effectively reach out to engage and interact with your local community? Through this workshop we will explore creative, cost-effective, and interactive tools to connect with your local community online. By the end of this workshop you will be able to leverage the power of CSR and social networking to build and enhance your organization’s presence and positive reputation as a community leader.

- **Date/Time:** Thursday September 20, 1:30 pm – 3:30 pm
- **Presenter:** Dr. Gabriel Huston
- **Level:** Intermediate and Advanced
- **Audience:** Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

### Change, Challenge, and Opportunity

During this workshop, participants will uncover their own reactions to change and realize the impact that change can have on their future. You will become familiar with the model of change while reflecting on successful experiences that you have had in the past when faced with change. After discussing 5 key motivational factors that present challenges and create opportunities during change, participants will learn to utilize their change characteristics to identify future opportunities and create a personal action plan to build a successful future.

- **Date/Time:** Wednesday September 26, 1:30 pm– 3:30 pm
- **Presenter:** Helen Lomax, Pathways & Transitions
- **Level:** Intermediate and Advanced
- **Audience:** Child Care, School– Age, Resource Consultants, Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

### SPRING Meeting – Paint Your Plate: A Toolkit for Ontario Child Care Providers

Just launched! The new PAINT YOUR PLATE RESOURCE toolkit has become available and was developed for child care settings in Ontario to support the implementation of the *Child Care and Early Years Act, 2014* (section 42 of Ontario Regulation 137/15).

This toolkit complements the *MENU PLANNING AND SUPPORTING NUTRITION IN ENVIRONMENTS IN CHILD CARE SETTING: PRACTICAL GUIDE* which became available through the Ministry of Education’s Child Care Licensing Manual.

The goal of this toolkit is to make it easier for young children to enjoy and learn how to apply the principles and recommendations to creating supportive nutrition in child care settings. You will receive an overview of the tool kit and learn how to apply its principles and recommendations.

- **Date/Time:** Tuesday October 2, 1:30 pm– 3:30 pm
- **Presenter:** Eva Loewenberger, Marcia Dawes and Rita Caprara, Region of Peel
- **Level:** Intermediate and Advanced
- **Audience:** Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5
**Business and Human Resources**

**Resolving Workplace Issues through Investigative Techniques**

Despite the many benefits of conducting internal investigations, there are risks associated with them as well. We will work through a 10-step process to conducting successful internal investigations and the 10 common investigation mistakes. This course will provide:

- Essential tools to conduct a thorough and proper investigation.
- An understanding of the significant responsibility you have in conducting the investigation.
- The hazards of not conducting an investigation when it is required.
- When to call a 3rd party investigator.

- **Date/Time:** Tuesday October 2, 9:30 am– 11:30 am
- **Presenter:** Lynne Bard and Monique Vander Eyken, Beyond Rewards Inc.
- **Level:** Intermediate and Advanced
- **Audience:** Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

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**How to Use Video to Increase Parent Engagement**

Video is the top trending promotional tool which you can use to connect your parents with your centre. Short 2-minute videos, which are easily created with simple equipment (like your phone), will allow you to provide parenting tips, make announcements, ask for comments, and much more! See for yourself how easy it is to make these personal face to face interactions. You already have the necessary tools...now it’s time to find out how to use them to your best advantage!

- **Date/Time:** Wednesday October 3, 9:30 am– 11:30 am
- **Presenter:** Merri Macartney, BA, BEd, CPC
- **Level:** Intermediate and Advanced
- **Audience:** Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

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**The Importance of Proper Onboarding/Orientation**

With company culture playing an important role in keeping employees satisfied, it's vital that businesses make new employees feel like welcomed additions to the team. This requires more than just beneficial training. Employees want to understand the ins and outs of the job while also feeling comfortable with their role in the company.

You will:

- Learn how to build an onboarding program
- Walk away with tools and resources
- Understand the difference in basic new hire training and the onboarding process
- Understand what an employee needs of you when they walk in the door for the first time

- **Date/Time:** Thursday October 4, 9:30 am– 11:30 am
- **Presenter:** Lynne Bard and Monique Vander Eyken, Beyond Rewards Inc.
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5
Business and Human Resources

Stepping into Leadership with Confidence!
Are you a new supervisor? Thinking of becoming one? This workshop outlines how to step into the role of leading with confidence and success. An excellent workshop for those who have taken on a role as a supervisor, manager or are a designate when the supervisor or manager is away.
Leadership can be learned, set yourself up for success!

- **Date/Time:** Thursday October 4, 1:30 pm– 3:30 pm
- **Presenter:** Michael Lewis, Michael Lewis Training, Motivation and Development
- **Level:** Beginners
- **Audience:** Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

Building Strong Programs on Staff Strengths
Recognizing our staff strengths and showcasing them is often the difference between a program that is offering good child care and a program that is offering high quality innovative child care. Learning how to maximize our staff’s strengths can be challenging but exciting. Creating opportunities for our staff to shine and make meaningful contributions to both their daily program as well as our community should be our vision. Supervisors or managers will discuss how they have been doing this, what has worked, and will learn new ways of supporting their staff and programs.
Participants will:
- Apply How Does Learning Happen through engagement with staff
- Learn new ways to challenge and nurture their staff and programs
- Leave with a short term and long term goal for their team

- **Date/Time:** Thursday October 9, 1:30 pm – 3:30 pm
- **Presenter:** Sally Kotsopoulos, Kotsopoulos Presentations
- **Level:** Intermediate
- **Audience:** Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

Supporting the Development of Your Program’s Inclusion Policy— SERIES 2 OF 2
This interactive session will provide participants with the opportunity to develop or enhance their program’s Inclusion Policy. Focus will be placed on a clear understanding of Inclusion, the criteria that is required within an Inclusion Policy in the Region of Peel, and prioritizing the steps in supporting the implementation of your program’s Inclusion Policy.

- **Date/Time:** Thursday October 11, 1:30 pm– 3:30 pm
- **Presenter:** Desirae Cunningham and Linda Melanson, Region of Peel
- **Level:** Beginners and Intermediate
- **Audience:** Supervisors, Managers and Licensees
- **Location:** Mississauga– Hilton Garden Inn, 100 Traders Blvd East Mississauga, ON L4Z 2H7 (beside CDRCP)
Leadership Skills for Supervisors: Communication, Coaching & Conflict

Supervisors represent an important force in the economy. You have the power to turn on or turn off the productivity of the people who report to you.

Learning Objectives:
- Learn ways to prioritize, plan, and manage your time.
- Identify your primary leadership style.
- Determine ways you can meet the needs of employees and co-workers through communication and coaching.

- **Date/Time:** Tuesday October 16, 9:30 am– 12:30 pm
- **Presenter:** Training Centres of Canada Ltd
- **Level:** Beginners
- **Audience:** Child Care, School-Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers and Licensees
- **Location:** Mississauga– Hilton Garden Inn, 100 Traders Blvd East Mississauga, ON L6Z 2H7 (beside CDRCP)

Workplace Personalities and How to Work with Them!

Have you ever wondered what makes people irritated? This workshop explores four common personality dynamics and provides important insights that will unlock the mystery of why people are the way they are. It will also provide you with the ability to adjust how you communicate so you can connect positively and productively.

- **Date/Time:** Tuesday October 16, 6:30 pm—8:30 pm
- **Presenter:** Michael Lewis, Michael Lewis Training, Motivation and Development
- **Level:** Beginners and Intermediate
- **Audience:** Child Care, School-Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers and Licensees
- **Location:** Mississauga– Hilton Garden Inn, 100 Traders Blvd East Mississauga, ON L6Z 2H7 (beside CDRCP)

Lead So Others Will Follow

What makes a leader? People won’t necessarily follow you simply because you have your name on the door. Leadership is won or lost by the characteristics displayed in daily living both personally and professionally. There are a multitude of exemplary characteristics that are attributed to a leader but only a handful that will determine the degree to which they are followed. This workshop will explore and discuss what it means to follow someone. It might be a surprise to discover who really does hold the sphere of influence.

- **Date/Time:** Tuesday October 23, 9:30 am– 11:30 am
- **Presenter:** Merri Macartney, BA, BEd, CPC
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** Supervisors, Managers and Licensees
- **Location:** CDRCP 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5
Business and Human Resources

HR 101 Roundtable
This is your time to bring all of those tough HR challenges to the table, things you have been wondering about but were afraid to ask, and to learn from the experiences of others to help you be a stronger leader with your team. In this two-hour workshop, participants will learn some solutions to help them deal with their tough employee challenges by exploring various scenarios, sharing stories, and learning from others’ experiences. Bring all of your questions, issues, hypothetical scenarios, and more to this interactive HR 101 Roundtable. Be prepared to share and learn!

- Date/Time: Tuesday October 23, 1:30 pm– 3:30 pm
- Presenter: Jodie Pappas, HR Consulting
- Level: Beginners, Intermediate and Advanced
- Audience: Supervisors, Managers and Licensees
- Location: CDRCP 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

Building a Leadership Culture: The Why Discovery Process
As leaders in organizations, in order to be able to lead our teams effectively, we first need to understand ourselves. In this session, we will not look at what makes a great leader as our other sessions have, but instead, look inward to identify our why and our how! This session will be very interactive through conversation.

Workshop Agenda:
- Conversation 1: The Human Difference
- Conversation 2: What’s Your Contribution?
- Conversation 3: What’s Your Impact?
- Draft your Why Statement
- State your How’s

- Date/Time: Tuesday October 30, 9:30 am– 11:30 am
- Presenter: Lynne Bard and Monique Vander Eyke, Beyond Rewards Inc.
- Level: Beginners, Intermediate and Advanced
- Audience: Supervisors, Managers and Licensees
- Location: CDRCP 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

Getting to the Heart of Leadership
This workshop has been created with the Director/ Supervisor in mind. However, RECEs in classrooms are leaders too and can benefit from the content of this workshop. During this workshop you will get to the heart of leadership by defining effective leadership, discovering leadership styles, and the application of these styles. You can ascertain how to be an amazing leader, discover how to successfully advocate for yourself and others, and uncover the best practices for reflection on your leadership style. By the end of the workshop you will be able to demonstrate leadership with your HEART.

- Date/Time: Tuesday November 6, 1:30 pm– 3:30 pm
- Presenter: Carolyn Hadcock, Miss Carolyn Seminars
- Level: Beginners and Intermediate
- Audience: Child Care, School– Age, EarlyON, Supervisors, Managers and Licensees
- Location: CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5
## Juggling Can Be Hazardous to Your Mental Health

Today, more often than not, people are completely overwhelmed with trying to “do it all”. Both family and career responsibilities have grown exponentially. What used to be manageable is now not so easy. This workshop takes a comical look at just how much we try to stuff into our day and yet a serious look at some useful tools to keep it all from crashing down. Pulling back to get an overview will add clarity to the challenges being faced.

- **Date/Time:** Wednesday November 7, 9:30 am– 11:30 am
- **Presenter:** Merri Macartney, BA, BEd, CPC
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

## How to Coach your Team

Foundational skills, such as coaching, create focus, courage, and resilience in your team. These skills can also increase productivity, increase individual confidence, and have a positive impact on your organization as a whole. This workshop will start you on your journey towards coaching your team by building a coaching habit within yourself.

We will look at how coaching:

- Is simple.
- Can be done in 10 minutes or less.
- Should be a daily, informal act.
- Can be built through understanding and use of proven techniques and new habits.
- Unlocks potential in others.

Through coaching you will learn to be more productive and leave a lasting impact.

- **Date/Time:** Tuesday November 13, 9:30 am– 11:30 am
- **Presenter:** Lynne Bard and Monique Vander Eyken, Beyond Rewards Inc.
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** Supervisors, Managers and Licensees
- **Location:** CDRCP 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

## Giving Constructive Feedback

A key managerial skill set is the ability to give constructive feedback to support staff learning and development. Through this workshop you will learn and practice how to give feedback that helps employees recognize and avoid their mistakes and inspires them to achieve their full potential. By the end of this workshop participants will learn how to be problem-focused and specific, and learn how to, step-by-step, apply the constructive feedback session as a powerful development tool beyond letting staff know what is expected of them and how they are performing.

- **Date/Time:** Tuesday November 13, 1:30 pm– 3:30 pm
- **Presenter:** Dr. Gabriel Huston
- **Level:** Intermediate and Advanced
- **Audience:** Supervisors, Managers and Licensees
- **Location:** Brampton– Courtyard by Marriott Hotel and Conference Centre Toronto/ Brampton, 90 Biscayne Crescent Brampton, ON L6W 4S1
Business and Human Resources

Closing the Generation Gap in the Workplace

This workshop will examine the history and reality of the generation gap, and explore whether defining the actual limits of each generation is most important, or whether the merits of people within the context of employment is the bigger issue. Understanding others helps us to understand ourselves and how to effectively manage the people that we work with. This workshop will explore problems, solutions, and strategies to help overcome issues as they relate to the generation gap phenomena. Together we will focus on developing retention strategies and retention plans, recruiting techniques, considerations, and how to find common links and cohesion between associates of different generations and generational attitudes.

- Date/Time: Wednesday November 14, 9:30 am– 11:30 am
- Presenter: Matt Dunlop, Mainstream Corporate Training
- Level: Intermediate
- Audience: Supervisors, Managers and Licensees
- Location: CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

Effective Time Management

Many of us find that there aren’t enough hours in our busy day to successfully accomplish the tasks that we intend to complete, or worse, important tasks are being put off. Through this workshop we will explore how effective time management is the key both to planning, organizing, and completing tasks while creating positive work/life flow and balance. By the end of this workshop you will be empowered with the tools of effective time management and be able put them into practice immediately for greater professional and personal productivity and well-being.

- Date/Time: Thursday November 15, 1:30 pm– 3:30 pm
- Presenter: Dr. Gabriel Huston
- Level: Beginners, Intermediate and Advanced
- Audience: Child Care, School-Age, EarlyON, Home Child Care, Montessori, Resource Consultants Supervisors, Managers and Licensees
- Location: CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

Leadership at Every Level

During this session, participants will identify great leaders, in both the past and present, and identify the characteristics that they possessed. We will explore the difference between managers and leaders and comprehend the importance of enhancing communication skills. By the end of the workshop, participants will know how to build a legacy of trust with others, understand ways to expand individual leadership opportunities, and create an action plan to enhance their leadership skills.

- Date/Time: Wednesday November 21, 1:30 pm– 3:30 pm
- Presenter: Helen Lomax, Pathway & Transition
- Level: Beginners and Intermediate
- Audience: Child Care, School-Age, Resource, Supervisors, Managers and Licensees
- Location: CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5
Team Building – Creating The Culture Required For Your Team

Teams are the heart of many organizations and initiatives and exist to produce results. Successful teams use effective relationships to motivate and sustain change. When participants complete this course, they will be able to:

- Describe the importance of effectively functioning teams as an essential element to successful daycare programs.
- Create more effective working relationships among team members.
- Create positive and productive team agreements and norms.
- Select specific skills and tools when creating alignment within diverse teams.
- Choose effective responses to resolve common problem behaviours present in teams.

Date/Time: Thursday November 22, 9:30 am– 11:30 am
Presenter: Lynne Bard and Monique Vander Eyken, Beyond Rewards Inc.
Level: Beginners, Intermediate and Advanced
Audience: Supervisors, Managers and Licensees
Location: CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

Managing and Leading an Intergenerational Workplace

As a supervisor, director or manager, you have to lead an ever-changing and dynamic team. From new educators who are just embarking on their careers to more experienced educators that bring a lifetime of wisdom and experience. In some cases age differences and differing views and values emerge, and that’s when you need to know how to make an inter-generationally diverse team come together, celebrate differences, maximize strengths, and build stronger connections. Discover how generations can come together to support and educate each other.

Date/Time: Tuesday November 27, 6:30 pm– 8:30 pm
Presenter: Michael Lewis, Michael Lewis Training, Motivation and Development
Level: Beginners, Intermediate and Advanced
Audience: Supervisors, Managers and Licensees
Location: CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

SPRING Meeting – Managing Legislation, Behaviour and Policies: Get Clarity!

On October 17, 2018 the recreational use of marijuana becomes legal in Canada. Employers will need to amend their workplace policies and practices related to the recreational use of drugs and alcohol to include the use of marijuana. Employers also need to be careful to differentiate between the use of marijuana for recreational and medicinal purposes, as an employee’s right to use medicinal marijuana is protected under both Human Rights legislation and the Accessibility for Ontarians with Disabilities Act.

Join us for an interactive seminar to discuss;
- Upcoming changes to legislation
- The impact on your workplace
- Drug, Alcohol & Fitness for Duty Policy
- What to do when an employee comes to work impaired
- Training and employee awareness

Date/Time: Tuesday December 4, 1:30 pm– 3:30 pm
Presenter: Asha Rampersad, Bernardi Human Resource Law LLP & Terri Carr and Joy Lerman, TJ Solutions
Level: Intermediate and Advanced
Audience: Supervisors, Managers and Licensees
Location: CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5
**Make It An Intentional Conversation**

Too many people are having serious decision-making and life-altering discussions off the top of their heads without giving it due process. If an opportunity suddenly presents itself, it is deemed to be a “sign” that now is the time. However, it is often the worse possible thing to do. These conversations need to be well thought out and presented in optimum circumstances for all parties concerned. Only then can the matter at hand be led more by the brain than the heart. An interactive discussion will demonstrate how an intentional conversation sets the stage for effective communications.

- **Date/Time:** Wednesday December 5, 9:30 am– 11:30 am
- **Presenter:** Merri Macartney, BA, BEd, CPC
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

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**Effective Communication with Conflict Resolution**

What does effective communication really mean? During this workshop you will explore and define this term and learn what is involved when facilitating effective communication. You will be able to demonstrate your mastered skills by practicing being an active listener as well as an accomplished speaker. You can list ways in which effective communication assists with conflict resolution while discovering your own conflict resolution style and authentic ways to use it when problem-solving.

- **Date/Time:** Wednesday December 5, 4:00 pm– 6:00 pm
- **Presenter:** Carolyn Hadcock, Miss Carolyn Seminars
- **Level:** Beginners and Intermediate
- **Audience:** Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultant, Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

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**Performance Management – The Standard Process No Longer Applies**

Performance Management goes beyond sitting down once a year to assess an employee’s performance on the job. This workshop will introduce you to techniques that will engage your team through energy, experiences, emotion, trust, and harmonization through understanding tensions, partnering, conversation, removing interference, meeting needs, and challenging beliefs.

In this workshop we will learn how to:
- Manage employees’ emotional and rational selves.
- Helping employees manage their engagement through their energy.
- Drive results and measure success.

- **Date/Time:** Thursday December 6, 9:30 am– 11:30 am
- **Presenter:** Lynne Bard and Monique Vander Eyken, Beyond Rewards Inc.
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5
**Fostering Engagement**

**Courageous Conversations with Parents**

During this workshop you will discover strategies to assist when interacting with parents whose beliefs do not align with yours. You will learn the sandwich technique and learn how to plan those ever so important parent meetings to address arising issues and concerns. An opportunity to demonstrate and practice your mastered skills will be provided.

- **Date/Time:** Thursday September 13, 6:30 pm– 8:30 pm
- **Presenter:** Carolyn Hadcock, Miss Carolyn Seminars
- **Level:** Beginners and Intermediate
- **Audience:** Child Care, School-Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers and Licensees
- **Location:** Mississauga– Homewood Suites, 6430 Edwards Blvd, Mississauga, ON L5T 2Y3

**Effective Communication**

This interpersonal communication workshop is fun, entertaining, practical, challenging and highly effective in bringing about a change in behavior. I will conduct this workshop, and look at the principles of interpersonal communication through a wealth of personal stories and illustrations. As a facilitator, I will use role-play, group discussions and interactive dialogues to actively involve every participant in the learning process.

- **Date/Time:** Friday September 14, 1:30 pm– 3:30 pm
- **Presenter:** Jinder Virdee
- **Level:** Intermediate
- **Audience:** EarlyON
- **Location:** Bolton– Hampton Inn and Suites by Hilton Bolton, 12700 Hwy 50 Bolton ON, L7E 1L9

**How to Talk to Parents with Confidence**

Educators are confident in dealing with children but may find it challenging to communicate with parents. Educators need the tools and skills to communicate effectively with the caregivers of the children they care for each day in order to truly work together and make decisions that are in the best interest of the children.

In this two-hour workshop, participants will learn:

- How to communicate with confidence to the parents of the children in your care.
- How to prepare in advance so that you are ready for any discussion.
- How to address parents in a professional, well planned out approach, so that you are confident to deliver your message.
- What to do when conflict does arise with a parent despite your best efforts.

- **Date/Time:** Thursday September 20, 6:30 pm– 8:30 pm
- **Presenter:** Jodi Pappas, HR Consulting
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** Child Care, School– Age, EarlyON, Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5
Fostering Engagement

When Family Priorities Differ from Program Priorities
Child rearing practices differ across cultures. Family goals and expectations for children are established in very different cultural and economic contexts. Educators work in early childhood programs where priorities are often set based on the research findings and values of what may be termed “mainstream” society. Their priorities may contrast sharply with those of newcomer families, in ways that are not obviously apparent. In this presentation, we will identify key areas of difference, ranging from understandings of concepts such as “child development,” to practices associated with eating and sleeping. We will consider strategies for responding to differences within your programs and building bridges between cultures.

Setting the Stage for Successful Behaviour
Setting the Stage for Successful Behavior is a positive and structured process that adults can use to support children with challenging behavior. This approach is based upon the concept that all behavior occurs for a reason(s). Once we identify these reasons, we can then use this information to develop strategies which will help the child learn ways of behaving successfully. A manual will be provided to those who attend. Access to CDRCP’s Setting the Stage online resources will also be provided.

Meeting the Needs of Young Newcomer Children in Home Child Care
Young immigrant and refugee children have distinctive needs arising from their settlement experience. These needs range along a continuum that extends from settlement and cultural issues to disability and medical conditions. They fall into four broad areas: cultural practices, families, mental and emotional health, and coping and social awareness. This presentation will explore those needs in the context of home child care. It will consider the advantages and challenges of home child care for both newcomer children and for home child care providers. Discussion will focus on reasons why home child care can play a special role in the settlement of newcomer families.
**Fostering Engagement**

**Engaging Families: A Relationship Based Approach**

Supporting, empowering and engaging families through a strength-based approach helps youth thrive. This workshop builds on Search Institute research that identifies critical strengths that are relevant to all families, regardless of culture, income, or structure. Search Institute’s research is used as a springboard for re-imagining family engagement to focus on identifying and celebrating strengths of families through developmental relationships.

- **Date/Time:** Friday October 5, 12:30 pm - 3:30 pm
- **Presenter:** Jim Conway, Search Institute
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** EarlyON
- **Location:** Brampton – Courtyard by Marriott Hotel and Conference Centre Toronto/ Brampton, 90 Biscayne Crescent Brampton, ON L6W 4S1

**The Application of Primary Care to Home Child Care**

In this collaborative learning experience, participants will explore primary care through the lenses of attachment, and family centered practice. Findings of a research project investigating this mode of care will be shared and discussed in relation to home child care. Strategies to effectively apply primary care in home care environments, as well as potential challenges that may arise in linkage to this mode of care, will be discussed.

Learning Outcomes:

- Describe characteristics, benefits, and barriers typical to primary care.
- Identify how findings of primary care and attachment research study apply to home child care.
- Define how the primary care approach can be effectively communicated to families.
- Formulate primary care strategies that are applicable to home care environments.

- **Date/Time:** Tuesday October 9, 7:00 pm — 9:00 pm
- **Presenter:** Tina Bonnett M.ECEd., R.E.C.E., EdD (Western University, 2019), Fanshawe College, School of Community Studies
- **Level:** Advanced
- **Audience:** Home Child Care
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5
Fostering Engagement

Setting the Stage, Putting Strategies into Practice
Safe, accepting, and caring communities for supporting children and their families do not happen by accident. They are created by individuals who are leaders in acceptance and respect. Working relationships between family support professionals and families are built on listening and understanding. These relationships must consider and respect differences in goals, lifestyle, understanding of child’s needs, etc. This training will provide the opportunity to consider different strategies, in being proactive and in addressing a variety if situations, using the STS approach.

Date/Time: Friday October 11, 1:30 pm– 3:30 pm
Presenter: Noreen Hornsby, Setting the Stage Committee Member and Trainer
Level: Intermediate
Audience: Child Care, School– Age, Home Child Care, EarlyON, Montessori and Resource Consultant
Location: CDRCP, 75 Watline Ave, Unit 103 Mississauga, L4Z 3E5

Note: It is mandatory that registrants must have attended the two– day Setting the Stage for Successful Behaviour training within the last 2 years.

Family Centered Practice in Family Support Programs
Safe, accepting, and caring communities for supporting children and their families do not happen by accident. They are created by individuals who are leaders in acceptance and respect. Working relationships between family support professionals and families are built on listening and understanding. These relationships must consider and respect differences in goals, lifestyle, understanding of child’s needs, etc. During this session, participants will reflect on their current practices in the area of Family Support and identify enhancements to their practices that will reach out to all families.

Date/Time: Friday October 19, 1:30 pm– 3:30 pm
Presenter: Jan Blaxall, Early Years Professional Development Centre
Level: Advanced
Audience: EarlyON
Location: Brampton– Courtyard by Marriott Hotel and Conference Centre Toronto/ Brampton, 90 Biscayne Crescent Brampton, ON L6W 4S1

Dealing with Difficult People: Seven Simple Steps to Success
At some point in time, throughout our personal and professional life, we will all have to deal with difficult people and personalities. This inspiring and often humorous presentation reviews seven easy solutions and steps to enact when you find yourself having to go “toe to toe” with that difficult person.

Date/Time: Tuesday November 6, 6:30 pm– 8:30 pm
Presenter: Michael Lewis, Michael Lewis Training, Motivation and Development
Level: Beginners and Intermediate
Audience: Child Care, School-Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers and Licensees
Location: CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5
Fostering Engagement

Self-Regulation for Parents

Today’s children and parents are dealing with higher levels of stress than in past generations. This presentation introduces parents to Self-Reg, a powerful method for understanding and responding to their children’s (and their own) stress, energy and tension. Topics covered include:

- The impact of excessive stress on children and adults
- The importance of relationships for good parenting
- The difference between stress behaviour and misbehaviour
- How parents can use Self-Reg strategies to understand and respond to children’s stress
- How Self-Reg strategies can help parents enjoy their children and become the parents they would like to be

Note: This is a two-day training session—Registrants must attend both days, lunch will be provided.

Setting the Stage for Successful Behaviour

Setting the Stage for Successful Behaviour is a positive and structured process that adults can use to support children with challenging behavior. This approach is based upon the concept that all behaviour occurs for a reason(s). Once we identify these reasons, we can then use this information to develop strategies which will help the child learn ways of behaving successfully. A manual will be provided to those who attend. Access to CDRCP’s Setting the Stage online resource will also be provided.

Note: This is a two– day training session– Registrants must attend both days, lunch will be provided.

Emotional Intelligence

Emotional intelligence, also called EQ, is the ability to be aware of and to manage emotions and relationships. It’s a pivotal factor in personal and professional success.

Learning Objectives:

- Understand what emotional intelligence means.
- Recognize how our emotional health and physical health are related
- Learn techniques to understand, use, and appreciate the role of emotional intelligence in the workplace
- Understand the different emotions and how to manage them

Date/Time: Tuesday November 13, 1:30 pm– 3:30 pm
Presenter: Training Centres of Canada
Level: Beginners
Audience: Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultant, Supervisors, Managers and Resource Consultants
Location: CDRCP, 75 Watline Ave, Unit 103,Mississauga, L4Z 3E5
### The Language of Mindfulness for Young Children

The language you use in an early years classroom provides a foundation for all areas of development, but is yours a stable foundation? Or is it missing some important scaffolding? Young children can begin a deeper development of self-awareness, self-confidence and self-regulation when the language (both verbal and non-verbal) you use around them is mindful and intentional. Learn how small shifts in your communication can make a big difference in how children see you, themselves and the world around them.

- **Date/Time:** Thursday December 6, 6:30 pm– 8:30 pm
- **Presenter:** Lisa Clark, LaLa wellness – Yoga and Mindfulness Programs for Children & Educators
- **Level:** Beginners
- **Audience:** Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultants Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

### Setting the Stage - *Train the Trainer* for Successful Behaviour

Why you should become a Trainer:

- Learn how to identify, and prevent challenging behaviours
- Build the capacity of your staff to support one another when addressing challenging behaviors
- Connect your program with *Ontario’s Pedagogy for the Early Years—How Does Learning Happen?*
- Implement a cost effective means of training staff at your own convenience

**Prerequisite:** It is mandatory that registrants must have attended the two–day Setting the Stage for Successful Behaviour training within the past 2 years, before attending this training.

- **Date/Time:** Friday December 7 & 14, 9:00 am– 4:00 pm
- **Presenter:** Sharon Casey and Kelly Anderson
- **Level:** Intermediate
- **Audience:** School– Age, Home Child Care, EarlyON, Resource Consultants, Montessori and Child Care
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

### Removing the Barriers: Making your organization 2SLGBTQ+ friendly

In the session, we will explore gender expressions in early formative years of children from evidence-based research. Additionally we will review and explore various programs, services, website, online images, posters, signage, brochures, publications, intake forms/registration forms and HR policies. Through an AO/AR framework we examine the process of developing sensitivity and responsiveness to diverse 2SLGBTQ+ service users. The session addresses creating a positive and welcoming work environment for both 2SLGBTQ+ staff and clients.

**Objectives:**

- Increase visibility and inclusion of 2SLGBTQ+ employees and clients.
- Improve knowledge and build capacity to provide welcoming, culturally competent services to 2SLGBTQ+ clients.

- **Date/Time:** Friday December 7, 1:30 pm– 3:30 pm
- **Presenter:** Devan Nambiar, Sherbourne Health, Rainbow Health Ontario
- **Level:** Beginners and Intermediate
- **Audience:** EarlyON
- **Location:** Brampton– Courtyard by Marriott Hotel and Conference Centre Toronto/ Brampton, 90 Biscayne Crescent Brampton ON, L6W 4S1
Fostering Engagement

Enhancing Empathy in School-Age Children

Empathy is a higher-level aspect of self-regulation and a critical component of the social-emotional curriculum. Emotional empathy is evident from infancy. Beginning in the late preschool and early school age period, cognitive empathy develops, meaning that children can understand the feelings and perspectives of others. During school-age years, compassionate empathy, or the willingness to put others needs ahead of one’s own, presents social challenges for children. This workshop will explore ways in which educators can create a caring environment and both model and encourage children’s desire to do the right thing.

- Date/Time: Tuesday December 11, 10:30 am– 12:30 pm
- Presenter: Jan Blaxall, Early Years Professional Development Centre
- Level: Beginners and Intermediate
- Audience: Child Care, School– Age, EarlyON, Home Child Care, Montessori and Resource Consultants
- Location: CDRCP, 75 Watline Ave, Unit 103 Mississauga, L4Z 3E5

Managing Conflict with Staff And Families

Developing an effective Civility Policy and understanding professional engagement can make the difference in helping staff and families navigate through problems. It is important for everyone to feel safe especially when disagreements occur.

Participants will:
- Know what needs to be present in an effective Civility Policy
- Learn strategies that management and staff can practice to be supportive when incidents occur
- Learn a process for moving forward with success

- Date/Time: Thursday December 13, 6:30 pm– 8:30 pm
- Presenter: Sally Kotsopoulos, Kotsopoulos Presentations
- Level: Beginners, Intermediate and Advanced
- Audience: Child Care, School– Age, EarlyON and Home Child Care, Montessori, Supervisors, Managers and Licensees
- Location: CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

Health and Wellness

Keeping Children Safe in the Offline and Online Worlds

This workshop is for anyone who is interested in learning about helping keep children and youth safe from harm, both offline and online.

Participants will be informed about:
- The current trends in prevention
- The assumptions made about children and safety
- The mixed messages children have received in the past
- How offenders engage children and youth, both online and offline

Learning objectives will include:
- Appropriate messages for children and youth, from a developmental perspective
- Practical safety tips
- How to talk to children and youth about personal safety

- Date/Time: Wednesday September 12, 10:30 am– 12:30 pm
- Presenter: Audrey Rastin, Director of Prevention Education, Boost Child & Youth Advocacy Centre
- Level: Beginners
- Audience: School-Age
- Location: Mississauga– Hilton Garden Inn, 100 Traders Blvd East Mississauga, ON L4Z 2H7 (beside CDRCP)
Health and Wellness

Healthy Food Choices Start With Children

Making healthy food choices starts at a young age. We are encouraging children to be involved in the selection, preparation, cooking and serving of food. The purpose of this workshop is to show that when children help to make and serve meals, they make healthy food choices that will stick with them for life. This workshop incorporates healthy eating choices into daily life – starting with the early years. We will review the good, the bad and the ugly related to healthy food selection and factors to consider when planning healthy breakfast, snack and lunch options for children. Special topics such as picky eaters and friends with food restrictions will be reviewed. There will be hands-on learning, where participants will get to make (non-cook) delicious and easy-to-make recipes from around the world.

- **Date/Time:** Thursday September 13, 6:30 pm– 8:30 pm
- **Presenter:** Melissa Scheichl & Tam Campbell Tran, The Allergy Mom & Itty Bitty Bootcamp
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** Child Care, School-Age. EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers, Licensees, and cooks
- **Location:** Mississauga– Hilton Garden Inn, 100 Traders Blvd East Mississauga, ON L4Z 2H7 (beside CDRCP)

Affirmation of Gender & Sexual Diversity in Children, Youth and Families

This workshop will focus on raising awareness and building knowledge of LGBTQ2S communities and the barriers to full participation that LGBTQ2S youth and families often face. Participants learn to identify respectful and affirming language as well as to challenge homophobic and transphobic language and behaviour. They learn about systemic discrimination and effective responses that enable people to provide LGBTQ2S-positive services and organizations to become LGBTQ2S-positive workplaces and service providers.

- **Date/Time:** Tuesday September 25, 4:00 pm– 6:00 pm
- **Presenter:** The 519
- **Level:** Beginners and Intermediate
- **Audience:** Child Care, School-Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

Promoting Resilience and Responding to Trauma in Refugee Children– SERIES 1 OF 2

In the first session of this two-part series, participants will learn about how early childhood programs are uniquely positioned to support the healing and resilience of refugee children and families. We will also spend time exploring how trauma in the early years can impact children at different ages and stages of development, and introduce the four basic building blocks that we can use to foster children’s capacity for resilience.

By the end of this workshop, you will be able to:

- Describe the impact of refugee trauma in the early years
- Describe how programs and professionals that provide early childhood education and care can help, and
- Identify the four basic building blocks of resilience
- Define the importance of safe spaces and relationships

- **Date/Time:** Thursday September 27, 6:30 pm– 8:30 pm
- **Presenter:** Heather Savazzi
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** Child Care, School-Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers, and Licensees
- **Location:** Mississauga– Homewood Suites, 6430 Edwards Blvd, Mississauga, ON L5T 2Y3
Health and Wellness

Promoting Resilience and Responding to Trauma in Refugee Children—SERIES 2 of 2

Participants will explore the four basic building blocks that we can use to foster children’s capacity for resilience. We will also identify practical strategies that can be used in our early years programs, including ideas for helping children understand and manage their feelings and behaviours, growth mindset and more!

By the end of this workshop, you will be able to:

- Describe the four basic building blocks of resilience in detail,
- List strategies for creating safe spaces and building relationships,
- Implement new strategies for helping children understand and manage big feelings and behaviour,
- Describe the importance of fostering mastery and success, and how to promote growth mindset in your program

- Date/Time: Thursday October 4, 6:30 pm– 8:30 pm
- Presenter: Heather Savazzi
- Level: Beginners, Intermediate and Advanced
- Audience: Child Care, School-Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers, and Licensees
- Location: Mississauga– Hilton Garden Inn, 100 Traders Blvd East Mississauga, ON L4Z 2H7 (beside CDRCP)

Children Exposed to Family Violence

Research findings confirm that there is an overlap of child maltreatment and domestic violence in some families. Professionals who work with children and families often struggle to determine the best way to protect children while providing support to the parent/caregiver who is being abused.

The session topics will focus on:

- The effects of children exposed to family violence
- Confidentiality
- The system’s response

The learning objectives will include:

- Responding to disclosure
- Safety planning
- When to call a child protection agency

- Date/Time: Wednesday October 10, 10:30 am– 12:30 pm
- Presenter: Boost Child & Youth Advocacy Centre
- Level: Beginners
- Audience: Child Care, School-Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers, and Licensees
- Location: CDRCP, 75 Watline Ave, Unit 103 Mississauga, L4Z 3E5
### Health and Wellness

#### Understanding and Applying the New Child Care Healthy Menu Planning Recommendations—
**SERIES 1 of 2**

Last year, the NEW Menu Planning and Supportive Nutrition Environments in Child Care Setting: Practical Guide became available through the Ministry of Education’s Child Care Licensing Manuals. This guide supports compliance with regulatory sections of the CCEYA, 2014 which outline providing safe and nutritious food and beverages within licensed child care settings.

Receive an overview of the content of the Practical Guide, including a review of menu planning basics, recommended meal and snack patterns, healthy food and beverage choices, portion sizes and how to use Nutrition Facts labels.

- **Date/Time:** Wednesday October 10, 1:00 pm– 4:00 pm
- **Presenter:** Ashley Motran and Eva Loewenberger, Region of Peel– Public Health
- **Level:** Beginners and Intermediate
- **Audience:** Home Child Care, Montessori, Supervisors, Managers, Licensees, Cooks, Menu Planners, and Meal Planners
- **Location:** CDRCP, 75 Watline Ave, Unit 103 Mississauga, L4Z 3E5

#### Understanding and Applying the New Child Care Healthy Menu Planning Recommendations—
**SERIES 2 of 2**

Last year, the NEW Menu Planning and Supportive Nutrition Environments in Child Care Setting: Practical Guide became available through the Ministry of Education’s Child Care Licensing Manuals. This guide supports compliance with regulatory sections of the CCEYA, 2014 which outline providing safe and nutritious food and beverages within licensed child care settings.

**Part 2 of 2:** Apply the principles learned in Part 1 with hands-on, problem-solving activities and group work to support menu planners in implementing the recommendations in child care settings.

- **Date/Time:** Wednesday October 17, 1:00 pm– 4:00 pm
- **Presenter:** Ashley Motran and Eva Loewenberger, Region of Peel– Public Health
- **Level:** Beginners and Intermediate
- **Audience:** Home Child Care, Montessori, Supervisors, Managers, Licensees, Cooks, Menu Planners, and Meal Planners
- **Location:** CDRCP, 75 Watline Ave, Unit 103 Mississauga, L4Z 3E5

#### Surviving Stress and Beating Burnout—
**SERIES 1 OF 2**

Sometimes it is about surviving, getting through the day, hour by hour, not knowing how you’re going to make it. Most people describe their stress with never-ending lists. We feel the pressure to be everything to everyone while simultaneously providing for families. With each passing day, people feel more stress because they are in survival mode – is this you?

As part of this experiential workshop we will learn the following outcomes:

- Define stressful situations
- Identify the benefits of stress
- Manage and handle stress

- **Date/Time:** Tuesday October 30, 6:30 pm– 8:30 pm
- **Presenter:** Andriana Mantas
- **Level:** Beginners and Intermediate
- **Audience:** Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers and Licensees
- **Location:** Mississauga– Hilton Garden Inn, 100 Traders Blvd East Mississauga, ON L4Z 2H7 (beside CDRCP)
Health and Wellness

Surviving Stress and Beating Burnout- SERIES 2 OF 2
Burnout can be described as constant fatigue, feeling overwhelmed, and not being supported. Burnout is not about working long hours. It occurs when people feel unappreciated, undervalued or misunderstood— is this you?

As part of this experiential workshop we will learn the following outcomes:
• Deepen your understanding of burnout
• Explore choices and create meaningful moments
• Create a support plan to beat burnout

Date/Time: Tuesday November 6, 6:30 pm— 8:30 pm
Presenter: Andriana Mantas
Level: Beginners and Intermediate
Audience: Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers and Licensees
Location: Brampton— Courtyard by Marriott Hotel and Conference Centre Toronto/ Brampton, 90 Biscayne Crescent, ON L6W 4S1

Watch Your Words– The Power of Self Talk
‘The words you speak become the house you live in.’ – Hafiz.
What words do you use to describe yourself? What stories do you tell about yourself? What ‘house’ have you been building for yourself? Let’s learn to let go of limiting beliefs and ruminating self-talk by creating space for compassion and self-care with mindfulness and the Emotional Freedom Technique (EFT). These exercises will heighten your awareness of your personal narratives and provide self care practices to empower a more positive self image.

Date/Time: Thursday November 13, 6:30 pm— 8:30 pm
Presenter: Lisa Clark, laLa wellness – Yoga and Mindfulness Programs for Children & Educators
Level: Beginners
Audience: Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers and Licensees
Location: CDRCP, 75 Watline Ave, Unit 103 Mississauga, L4Z 3E5

The Influence of Temperament on Self-Regulation
Temperament refers to the inherent individual differences in reactivity to various stimulation, situations, and activities of daily life. This session will explore temperamental traits that can result in a difference in ability to self-regulate. This means that some children have to work much harder to stay calm, focused, and alert. You will learn how to recognize common temperament patterns and gain strategies that support unique challenges with self-regulation, with children who are cautious, feisty, or highly active children.

Date/Time: Wednesday November 14, 4:00 pm— 6:00 pm
Presenter: Jan Blaxall, Early Years Professional
Level: Beginners and Intermediate
Audience: Child care, School– Age, EarlyON, Home Child Care, Montessori and Resource Consultant
Location: CDRCP, 75 Watline Ave, Unit 103 Mississauga, L4Z 3E5
Health and Wellness

Peel to Heal: MentAbility in the Workplace – SERIES
1 OF 2

Peel to Heal: MentAbility in the Workplace is an interactive and engaging capacity building workshop for both employers and employees. The focus is to bring relevant evidence-based information regarding mental health problems in the workplace while offering self-care strategies which can be implemented within their workplace setting and/or at home. By the end of this session, participants will:

- Be able to identify at least four risk factors for developing two of the most common mental health problems
- Be able to list 3 practical ways to prevent mental health problems and/or maintain a balanced well-being
- Demonstrate at least 3 components of yoga which can be used within the workplace
- Learn 2 new evidence-based breathing techniques for managing stress
- Enhance their understanding regarding how impaired mental health can strongly impact work productivity and one's overall health.

Learning Outcomes:
- Be able to identify at least four risk factors for developing two of the most common mental health problems
- Be able to list 3 practical ways to prevent mental health problems and/or maintain a balanced well-being
- Demonstrate at least 3 components of yoga which can be used within the workplace
- Learn 2 new evidence-based breathing techniques for managing stress
- Enhance their understanding regarding how impaired mental health can strongly impact work productivity and one's overall health.

Primary Care in EarlyON Settings

In this collaborative learning experience, participants will explore primary care through the lenses of attachment and the mental health of 0-4 year olds. Findings of a research project investigating this mode of care will be appraised. Antiquated narratives about care, the binary of care/education, and their influences on a primary caregiving approach will additionally be surveyed. Strategies to apply primary care tenets in EarlyON settings will be reflected upon in this learning and sharing opportunity.

Learning Outcomes:
- Describe characteristics, benefits, and barriers typical to primary care.
- Examine findings of a primary care and attachment research study.
- Analyse historical and emerging perspectives of care in linkage to the primary care approach.
- Formulate primary care strategies that are applicable to EarlyON environments.
**Health and Wellness**

**Self-Regulation and the Early Years**

It has been shown that a child’s early years are a crucial time for brain development. During this period, young children are confronted with unique stressors across all five domains of the Shanker Self-Reg® model. This presentation looks specifically at the early years through the lens of self-regulation, stress and early relationships, and how Self-Reg can help children deal successfully with these challenges and begin to learn how to manage these new stresses on their own. Topics covered include:

- The role of relationships in early brain, emotional and social development
- Co-regulation: the foundation for self-regulation
- The Interbrain: nature’s “bluetooth” hook-up that connects a young child’s brain to a parent/caregiver’s brain
- The meaning of safe for babies, toddlers and preschoolers
- Stressors (including hidden stressors) that affect young children
- Self-Reg strategies that reduce young children’s stress and foster healthy relationships

**Date/Time:** Wednesday November 21, 4:00 pm– 6:00pm

**Presenter:** Ashley Motran and Eva Loewenberger, Region of Peel – Public Health

**Level:** Beginners and Intermediate

**Audience:** Child Care, Home Child Care and Montessori

**Location:** CDRCP, 75 Watline Ave, Unit 103 Mississauga, L4Z 3E5

**Understanding and Applying the New Child Care Healthy Menu Planning Recommendations: For Early Childhood Educators**

Last year, the NEW Menu Planning and Supportive Nutrition Environments in Child Care Setting: Practical Guide became available through the Ministry of Education’s Child Care Licensing Manuals. This guide supports compliance with regulatory sections of the CCEYA, 2014 which outline providing safe and nutritious food and beverages within licensed child care settings. In this 2-hour workshop, Educators will receive an overview of the Practical Guide and learn how to apply the principles and recommendations to creating supportive nutrition environments in child care settings.

**Date/Time:** Wednesday November 21, 4:30 – 6:30pm

**Presenter:** Gail Molenaar, The MEHRIT Centre (TMC)

**Level:** Advanced

**Audience:** EarlyOn

**Location:** Mississauga— Hilton Garden Inn, 100 Traders Blvd East Mississauga, ON L4Z 2H7 (beside CDRCP)

**Connect Four: Customizable Self-Care for All— SERIES 2 OF 2**

Connect Four: Customizable Self-Care for All is an interactive and highly engaging capacity building workshop for both employers and employees. The focus is to bring relevant evidence-base information regarding self-care within the workplace and/or at home. This workshop will be focusing on 4 different approaches to self-care. Ensuring you leave understanding how you can nurture your wellbeing at home and within the workplace. Each participant receives small take away gift.

**Date/Time:** Tuesday November 27, 6:30 pm– 8:30pm

**Presenter:** Angelique Benois, Nurturing Our Wellbeing (N.O.W)

**Level:** Beginners and Intermediate

**Audience:** Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultant, Supervisors, Managers and Licensees

**Location:** Mississauga— Hilton Garden Inn, 100 Traders Blvd Mississauga, ON L4Z 2H7
Health and Wellness

Working with Elementary School-Aged Children with Disruptive Behaviour Problems
Childhood disruptive behaviour is increasingly viewed as a major societal concern, due to the high prevalence and devastating consequences. Left untreated, it often leads to escalation of mental health issues, including serious crime. This session will focus on:

- What is disruptive behaviour, its impact and prevalence
- The role of emotion regulation and self-control
- What works for children with disruptive behaviour and their families
- Introduce SNAP (Stop Now And Plan) an evidence-based cognitive-behavioural multi-modal model that helps children stop and think before they act, make better choices “in the moment”, helps parent-child relationships, and increases effective parent and classroom management skills.

Date/Time: Tuesday December 4, 10:30 am– 12:30 pm
Presenter: Dr. Leena Augimeri, Child Development Institute
Level: Beginners, Intermediate and Advanced
Audience: Child Care, School– Age, EarlyON, Montessori, Resource Consultants, Supervisors, Managers and Licensees
Location: Brampton– Courtyard By Marriott Hotel and Conference Centre Toronto/ Brampton, 90 Biscayne Crescent Brampton, ON L6W 4S1

Creating a Food Allergy Safe Environment for Children
This workshop focuses on creating and maintaining a safe environment for children with food allergies & anaphylaxis. Participants will leave with a better understanding of the hidden sources of allergens, primary risk areas within a facility, ways to minimize cross-contamination, bullying and fostering empathy, and ultimately ways to maintain the safest possible environment for children in their care. If you have children in your care with severe allergies this is the workshop for you!

Date/Time: Tuesday December 11, 6:30 pm– 8:30 pm
Presenter: Melissa Scheichl & Tam Campbell Trant, The Allergy Mom & Itty Bitty Bootcamp
Level: Beginners, Intermediate and Advanced
Audience: Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers, Licensees, and Cooks
Location: Mississauga– Hilton Garden Inn, 100 Traders Blvd East Mississauga, ON L4Z 2H7 (beside CDRCP)

Legislation

Duty to Report
This workshop will focus on the following topics:

- What your ongoing duty to report is
- What needs to be reported and how
- Investigation process
- Steps regarding referral

Date/Time: Thursday September 20, 6:30 pm– 8:30 pm
Presenter: Kelly– Ann Williams, Community Engagement Worker– Peel Children’s Aid Society
Level: Beginners, Intermediate and Advanced
Audience: Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers and Licensees
Location: CDRCP, 75 Watline Ave, Unit 103 Mississauga, L4Z 3E5
Program and Curriculum

Music and Movement for Young Children

Music and movement empowers us to be expressive, engages us, encourages a sense of belonging, and increases our overall well-being. This is a “get up and move” session as we engage with singing, dancing, and moving. The session will discuss skills and equipment, which can help foster growth, and development in children. Educators will co-learn as we share resources and our “favourite” gross motor activities. Educators will leave with an activity resource booklet; outlining the activities learned. This takeaway can be incorporated into their programs.

- **Date/Time:** Tuesday September 11, 6:30 pm– 8:30 pm
- **Presenter:** Kelly Woodward
- **Level:** Beginners
- **Audience:** Child Care, EarlyON, and Home Child Care
- **Location:** Mississauga– Hilton Garden Inn, 100 Traders

If I Had A Hammer

Woodworking with young children is a lost art. Many educators cringe at the word and start to visualize cut fingers and flying hammers. Get past your fears and come join this workshop to find out how to make it happen. Come discover how woodworking uses math, problem-solving, fine motor and social skills, while fostering creativity and imagination. In this workshop we will review the importance of woodworking, understand where to start, the tools to use, safety protocols to implement, and try a variety of hands on activities to bring back to your centre. Learning outcomes:

- Learn how to use tools appropriately and safely
- To sample woodworking projects
- Setting up your own wood working centre

- **Date/Time:** Wednesday September 12, 4:00pm– 6:00 pm
- **Presenter:** Jill Bienenstock, Bienenstock Natural Playgrounds
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers and Licensees
- **Location:** Mississauga– Homewood Suites, 6430 Edwards Blvd, Mississauga, ON L5T 2Y3

School-Age Programs, Sharing Space and the Rolling Cart

Is your school-age program in shared space? Do you rely on bringing materials in and out of the space on a moving shelf based on the big ideas in How Does Learning Happen? During this session, we will reflect on your current set-up and the function of “the shelf”. Ideas for materials, along with storage containers and organization will be reflected upon.

- **Date/Time:** Thursday September 13, 10:30 am– 12:30 pm
- **Presenter:** Kathy Spinks, Kathy Spinks Early Learning Consultant
- **Level:** Intermediate
- **Audience:** School– Age, Supervisors, Managers and Licensees
- **Location:** Mississauga– Homewood Suites, 6430 Edwards Blvd, Mississauga, ON L5T 2Y3
## Program and Curriculum

### Physical Literacy Through a Mindful Lens – Serving the Whole Child
A love for movement is fundamental to the health and well being of our community. This session will leave you with:

- An understanding of what it means to be physically literate (and the difference between physical activity and physical literacy ... they are different!)
- Knowledge of the Canadian Guidelines for Physical Activity and Sedentary Behaviour in the Early Years
- An awareness of how to mindfully break down the fundamental movement skills when teaching them to children;
- The tools to instill a love for movement in your classroom.

Wear comfy clothes and come ready to move!

**Date/Time:** Tuesday September 18, 6:30 pm– 8:30 pm  
**Presenter:** Lisa Clarke, laLa wellness – Yoga and Mindfulness Programs for Children & Educators  
**Level:** Beginners  
**Audience:** Child Care, School-Age. EarlyON, Home Child Care

**Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

### Making Emergent Curriculum A Play Curriculum
Emergent curriculum is like a dance between the child and educator with one leading, the other one following, then the other leading, and the other one following. It is neither teacher-directed nor child-directed; rather it is a curriculum that is co-constructed by the educator and the child. Curriculum emerges through day-to-day interactions, inquiries and observations. As we move away from theme based planning, emergent curriculum becomes the framework that celebrates children’s play as opportunities for creating meaning making, practice of skills, and creating a deep understanding of the world around them. A planned program using emergent curriculum supports early learning when we allow curriculum to emerge from the happenings of the day.

Participants are asked to bring an observation document of children engaged in play to the workshop.

**Date/Time:** Wednesday September 19, 6:30 pm– 8:30 pm  
**Presenter:** Christine Zupo  
**Level:** Beginners, Intermediate and Advanced  
**Audience:** Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers and Licensees

**Location:** Bolton- Hampton Inn and Suites by Hilton Bolton, 12700 Hwy 50 Bolton, ON L7E 1L9

### Supporting Children Experiencing Anxiety
Children, as well as adults, experience anxiety. Anxiety in children can be expected at specific times during development and is usually regarded as normal. However, children experiencing excessive anxiety may not yet have the ability to vocalize their feelings or possess the necessary coping skills to manage. Participants will hear about signs and causes of anxiety in young children and tips for setting up a calming environment. You will also learn about common characteristics and fears, how to deal with anxiety in ages from infants to school age children and strategies for use by parents and educators, working together to reduce anxiety.

**Date/Time:** Tuesday September 25, 6:30 pm– 8:30 pm  
**Presenter:** Jan Blaxall Early Years Professional Development Centre  
**Level:** Beginners and Intermediate  
**Audience:** Child Care, School– Age, EarlyON, Home Child Care, Montessori and Resource Consultants

**Location:** Bolton- Hampton Inn and Suites by Hilton Bolton, 12700 Hwy 50 Bolton, ON L7E 1L9
# Program and Curriculum

## The Art of Listening

When children find educators who are interested in their thoughts they become avid learners. In this workshop we will explore the Pedagogy of Listening, a term coined by Carla Rinaldi, Reggio Emilia Schools. We will explore and practice of the art of listening, without ideas of what is correct or valid, and we will practice listening to children’s thoughts and explore how the image of the child changes through a pedagogy of listening. Participants will be able to articulate the value of the pedagogy of listening as a way to deepen relationships and will be able to practice skills that encourage listening without condition.

- **Date/Time:** Tuesday September 25, 6:30 pm – 8:30 pm
- **Presenter:** Christine Zupo
- **Level:** Beginners and Intermediate
- **Audience:** Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

## Natural Playgrounds – Why? What? How?

This workshop is a two-hour participatory session designed to take an interdisciplinary audience through the arc of understanding why a natural playground is important, what excellence looks like, and how to design, build and maintain one. Curated by world renowned author, designer, builder, and researcher of natural playgrounds, Adam Bienenstock. His irreverent style carries the program through his profession, punctuated by great stories and a good dose of sarcasm.

Learning Outcomes:

- The ability to advocate for natural playgrounds and a thorough understanding of the benefits of and critical path to a successful project in their community.
- Identifying the 5 design principles when creating a natural playground and how to include natural components for all areas of development.

- **Date/Time:** Wednesday September 26, 6:30 pm – 8:30 pm
- **Presenter:** Adam Bienenstock, Natural Playgrounds
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** Child Care, School-Age, Home Child Care, Montessori, Resource Consultant, Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5
## Program and Curriculum

### How Does Learning Happen- Environments in a Home Child Care Setting– SERIES 1 OF 3

The environment is the third educator has become part of early learning and child care practice in the recent years. During this through– provoking workshop, participants will consider how to provide environments in a home based child care setting, which spark curiosity and wonder in children and support inquiry– based learning, while reflecting the view that children are curious, competent and capable. There will also be opportunities to explore ways to support children to take developmentally appropriate risks that maximize learning.

- **Date/Time:** Wednesday September 26, 7:00 pm– 9:00 pm
- **Presenter:** Ginette Wilson, ECCDC
- **Level:** Beginners and Intermediate
- **Audience:** Home Child Care
- **Location:** Brampton– Courtyard by Marriott Hotel and Conference Centre Toronto/ Brampton, 90 Biscayne Crescent Brampton, ON L6W 4S1

### How Does Learning Happen? Going Further- Being, Belonging and Well-being– SERIES 1 OF 3

Creating, nurturing and feeling a sense of belonging is a way of being. How do we ensure that all children, families and educators feel that they belong in the early learning pro- gram? Educators will think about the components of well– being and how they measure up. Does everyone feel valued, respected and included? If a child feels a sense of belonging and well-being, does that guarantee that they are being included in all aspects of the program?

- **Date/Time:** Thursday September 27, 6:30 pm– 8:30 pm
- **Presenter:** Cindy Green, Early Learning Consultant
- **Level:** Advanced
- **Audience:** Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultant, Supervisors, Managers and Licensees
- **Location:** Brampton– Courtyard by Marriott Hotel and Conference Centre Toronto/ Brampton, 90 Biscayne Crescent Brampton, ON L6W 4S1

### Childhood Disability in the 21st Century: Canadians Are Leading The World!

Several modern ideas about health and disability are chal- lenging us to rethink our approach to children (aged 0–6) with impairments and their families. Of particular interest is the WHO’s new framework for health (the ‘ICF’), which has been adapted by McMaster researchers to focus on Func- tion, Family, Friends, Fun, Fitness and Future. These and related ideas – adopted around the world – will form the core of our presentation. We will explore how these ideas are all actionable, and illustrate their application with our eloquent parent presenter.

- **Date/Time:** Friday September 28, 12:30 pm– 3:30 pm
- **Presenter:** Dr. Peter Rosenbaum, Andrea Cross and Danijela Grahovac
- **Level:** Beginners and Intermediate
- **Audience:** EarlyON
- **Location:** Brampton– Courtyard by Marriott Hotel and Conference Centre Toronto/ Brampton, 90 Biscayne Crescent Brampton, ON L6W 4S1
# Program and Curriculum

## Positive Behaviour Management with Young Children: Unlocking the Secrets to Success

This workshop will introduce the audience to a scientific approach to understanding the fundamental practices associated with recognizing triggers to problematic behaviour, understanding behavioural function, and introducing problem-solving strategies and techniques to help address problem behaviour in a positive and constructive manner. This workshop will also serve to highlight the importance of the use of data as an invaluable tool when creating an individualized plan to address problematic behaviours in young children.

- **Date/Time:** Tuesday October 2, 6:30 pm–8:30 pm
- **Presenter:** Pat Velno
- **Level:** Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultants
- **Audience:** Beginners and Intermediate
- **Location:** Mississauga– Hilton Garden Inn, 100 Traders Blvd East Mississauga, ON L4Z 2H7 (beside CDRCP)

## Unpacking STEAM Education for the Early Years—SERIES 1 OF 3

Participants will engage in exploring the concepts of Science, Technology, Engineering, Arts, and Mathematics (STEAM) with their hands, minds and senses. They will examine their beliefs about the importance of STEAM education in the early years and will be invited to reconsider their personal comfort related to STEAM and rediscover the joy of STEAM education.

- **Date/Time:** Tuesday October 2, 6:30 pm–8:30 pm
- **Presenter:** Conestoga College Early Childhood Professional Resource Centre
- **Level:** Beginners and Intermediate
- **Audience:** Child Care, School– Age, EarlyON, Home Child Care
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

## Disruptive Behaviour or Learning Opportunity

Disruptive behaviour is challenging, frustrating, and exhausting. But if we take time to understand these behaviours in a new light then they can become learning experiences for both the children and adults.

This workshop will help you see behaviour as a learning opportunity to take advantage of and will show you a variety of ways to intervene with meaningful and positive words and actions so that children listen, respond, and learn.

- **Date/Time:** Wednesday October 3, 6:30 pm–8:30 pm
- **Presenter:** Hélène Pouliot-Cleare
- **Level:** Intermediate
- **Audience:** Child Care, School– Age, EarlyON, Home Child Care Providers
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5
Program and Curriculum

Understanding Schemas: Extending Learning in the Infant/Toddler Environment

Have you ever wondered why an infant likes to throw a toy on the floor over and over again or why a toddler covers everything with a blanket? During this workshop you will discover Jean Piaget’s schemas that infants and toddlers engage in while playing. You will be able to list the schemas and understand why children engage in certain repetitive behaviours. You will be able to demonstrate how to extend infant/toddler’s learning by programming with a specific schema in mind.

- **Date/Time:** Tuesday October 9, 6:30 pm– 8:30pm
- **Presenter:** Carolyn Hadcock, Miss Carolyn Seminars
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** Child Care, School–Age, EarlyON, Home Child Care
- **Location:** Brampton– Courtyard by Marriott Hotel and Conference Centre Toronto/ Brampton, 90 Biscayne Crescent Brampton, ON L6W 4S1


Is your environment acting as the third teacher? During this session you will be invited to think about the overall space and its arrangement and if it is supporting children’s playful learning. Playful curriculum invitations will be offered and we will later reflect on how these experiences become provocations that truly support learning and wonder.

- **Date/Time:** Wednesday October 10, 6:30 pm– 8:30 pm
- **Presenter:** Cindy Green, Early Learning Consultant
- **Level:** Advanced
- **Audience:** Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultant, Supervisors, Managers and Licensees
- **Location:** Brampton– Courtyard by Marriott Hotel and Conference Centre Toronto/ Brampton, 90 Biscayne Crescent Brampton, ON L6W 4S1

How Does Learning Happen? Mobilizing Theory Into Practice

Building upon previous sessions on How Does Learning Happen?, this session will be based on experiential learning, where educators share ideas, network and have meaningful dialogue.

Please review, “How Does Learning Happen? Ontario's Pedagogy for the Early Years”, prior to this session.


- **Date/Time:** Wednesday October 10, 6:30 pm– 8:30 pm
- **Presenter:** CDRCP
- **Level:** Beginner
- **Audience:** Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Manager and Licensees
- **Location:** Brampton– Hilton Garden Inn Toronto/ Brampton, 2648 Steeles Ave E, Brampton, ON L6S 6J9
Program and Curriculum

Bring Back Messy Play

The outdoor environment addresses and fulfills the many sensory needs that children crave. It is full of sensory-rich opportunities that are ripe for the picking, such as a sand pit or mud kitchen in your playground or going for a walk in your neighbourhood and finding a giant hill, a muddy puddle or a pile of leaves. Learn how to identify these opportunities and review the developmental opportunities that are available. Say yes to ‘the mess’ and watch the transformation begin.

Learning outcomes:
- Identify and understand the importance of sensory opportunities available when outdoors
- Add and store loose parts
- Add water that satisfies both children and educators
- Let them get dirty! Reinforcing to educators and parents the research behind why dirt is good for a healthy immune system

Promoting Resilience in Children

This workshop is designed to assist parents, caretakers and service providers in fostering resilience in children. In a safe and supportive environment, participants will engage in discussions and collaborative activities that will aim to assist them in acquiring effective strategies and essential skills to promote resilience in children.

HIGHLIGHTS OF LEARNINGS/OUTCOMES:
- Promote self-confidence, self-esteem and self-reliance
- Healthy ways of expressing emotions and managing impulses
- Enhance communication to encourage flexible and creative thinking
- Encourage analytical skills to cope with stresses
- Connecting with others for support and respecting and understanding the contextual world
### Program and Curriculum

#### Bring a Little Pizzazz to Your Plates

Do meal times have you in a slump? Need a little inspiration in the kitchen? We all know that eating healthy is important. But how do we do create nutritious meals and snacks that actually get eaten and stay on budget? You’ll leave this workshop with a “done for you” menu plan; complete with a grocery list and recipes. This session covers the basics of creating well balanced meals and snacks, strategies for supporting ‘selective eaters,’ as well as suggestions for keeping on budget and saving you time in the kitchen. Bring along a favourite recipe to share with the group!

- **Date/Time:** Thursday October 11, 7:00 pm– 9:00 pm
- **Presenter:** Amy Sonnenberg, Designed For You Nutrition
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** Home Child Care
- **Location:** Mississauga– Hilton Garden Inn, 100 Traders Blvd East Mississauga, ON L4Z 2H7 (beside CDRCPC)

#### Curriculum in Programs for Children from Diverse Cultures

A deeper understanding of curriculum and its links to the daily life of children and families can lead to programming that accommodate diverse cultural beliefs and practices and promotes consistency between what happens at school and at home. Beliefs and practices transmitted during child rearing are fundamentally reflected in ideas about children that, in turn, help shape curriculum. In diverse settings, where curriculum is co-constructed, not prescribed, educators have opportunities to develop programming that meets the needs of individual children while recognizing what happens at home.

- **Date/Time:** Friday October 12, 1:30 pm– 3:30 pm
- **Presenter:** Judith Colbert, PhD, Consultant
- **Level:** Advanced
- **Audience:** EarlyON
- **Location:** Mississauga– Hansa Haus, 6650 Hurontario Street Mississauga ON, L5W 1N3 (West side off Hurontario Rd, turn on Ambassador Dr.)

#### Rediscovering the Sense of Wonder through STEAM Education– SERIES 2 OF 3

Building on natural curiosity and a sense of wonder, this workshop will inspire participants to bring STEAM education into their programs. Through exploration and inquiry, participants will rediscover the magic of being engaged in Science, Technology, Engineering, Arts, and Mathematics.

- **Date/Time:** Tuesday October 16, 6:30 pm– 8:30 pm
- **Presenter:** Conestoga College Early Childhood Professional Resource Centre
- **Level:** Beginners and Intermediate
- **Audience:** Child Care, School– Age, EarlyON, Home Child Care
- **Location:** CDRCPC, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5
## Program and Curriculum

### Infant and Toddler Challenging Behaviours
Educators who care for infants and toddlers must sometimes respond to challenging behaviours. In this workshop, we will look closely at 0 to 3-year-olds’ developmental needs to support self-awareness and self-regulation. We will discuss several social/emotional issues related to infancy and toddlerhood and suggest helpful adult behaviors to support said issues. At the end of the workshop, the participant will be able to:
- Identify key milestones for zero to three years of age
- Discuss several social/emotional issues of infancy and toddlerhood
- Discuss appropriate guidance techniques for toddlers
- List practices to avoid

- **Date/Time:** Tuesday October 16, 6:30 pm– 8:30 pm
- **Presenter:** Christine Zupo
- **Level:** Beginner, Intermediate and Advanced
- **Audience:** Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers and Licensees
- **Location:** Bolton- Hampton Inn and Suites by Hilton Bolton, 12700 Hwy 50 Bolton, ON L7E 1L9

### Nurturing a Growth Mindset and Critical Thinking in a Montessori Early Childhood Environment
The hallmark of Montessori education is to promote the child’s independence. This is apparent in the child’s skill development, both physically and academically. However, are we intentionally challenging children to engage in critical inquiry when exploring materials? This workshop will explore how we can invite children to think critically and develop a growth mindset.

Learning Outcomes:
- You will be able to connect current research on critical thinking and a growth mindset to Montessori principles.
- You will be able to develop critical challenges for children.
- You will be able to create a classroom that supports critical inquiry.

- **Date/Time:** Wednesday October 17, 6:30 pm– 8:30 pm
- **Presenter:** Nancy Coyle, Toronto Montessori Institute
- **Level:** Beginner, Intermediate and Advanced
- **Audience:** Montessori
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

### School-Agers: Distressing in and with Nature
This workshop will highlight the importance of children and adults spending time in nature. Bringing nature into the school-age classroom should never substitute the importance of spending time with children out in nature. Come ready to slow down, to look closely at nature, and share your ideas, curiosities and wonders.

- **Date/Time:** Thursday October 18, 10:30 am– 12:30pm
- **Presenter:** Kathy Spinks, Kathy Spinks Early Learning Consultant
- **Level:** Beginner and Intermediate
- **Audience:** School-Age, EarlyON, Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5
The House that Montessori Built– *SERIES 1 OF 3*

Participants will reflect on the philosophy and practice of Montessori education and discuss the ‘why’ and ‘how’ of a Montessori Prepared Environment. We will identify the tools that educators, consultants, supervisors, and parents need to identify what a Montessori environment looks like and how it works.

**Note:** This workshop is designed for anyone interested in learning more about the Montessori approach.

- **Date/Time:** Thursday October 18, 4:00 pm—6:00 pm
- **Presenter:** Sandra Girlato, Foundation for Montessori Education/Montessori Fundamentals
- **Level:** Beginner, Intermediate and Advanced
- **Audience:** Child Care, School-Age, EarlyON, Home Child Care, Montessori, Resource Consultant, Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

The Wisdom of Nature – Connecting Learning to Outdoor Spaces

In today's society, children tend to have more “screen time” compared to “outdoor time”. Some challenges we face as educators is having the right equipment outdoors; which encourages curiosity, exploration, and inquiry in order to build on children’s potential. This session we will look at environments and discuss which equipment is needed to create curiosity, exploration, and inquiry. As a group we will co-learn the benefits for children as they learn in a natural setting and how this setting can open a world to endless opportunities and possibilities. We will also explore the element of incorporating safe risky-play in order to test limits, enhance skills, and support children in reaching their potential.

- **Date/Time:** Thursday October 18, 6:30 pm- 8:30pm
- **Presenter:** Kelly Woodward
- **Level:** Beginners
- **Audience:** Child Care, EarlyON and Home Child Care
- **Location:** Mississauga– Hilton Garden Inn, 100 Traders Blvd East Mississauga, ON L4Z 2H7 (Beside CDRCP)

Yoga for Infants and Toddlers

Yoga can be brought to Infants and Toddlers through co-movements and yoga based songs and stories. Their growing bodies benefit from the stretches, twists, strength building postures, and breathing techniques that will lead them to greater self awareness as they get older. You'll leave this workshop with the laLa Nursery Rhyme Yoga Program and with new movement-based opportunities to bond with the children in your care.

- **Date/Time:** Thursday October 18, 6:30 pm—8:30 pm
- **Presenter:** Lisa Clark, laLa wellness – Yoga and Mindfulness Programs for Children & Educators
- **Level:** Beginner
- **Audience:** Child Care, EarlyON, Home Child Care and Montessori
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5
The Art of Observation

The art of observation can be developed by cultivating the habit of watching things with a curious mind. When we open our eyes, mind and heart to the world around us, we become alive in it. In this workshop we will practice the art of recording observations without judgment and to focus on a strength based approach to observation writing.

At the end of the workshop, the participant will be able to:
- Identify bias in observation
- Demonstrate ability to write observation based on a strength based model

How Does Learning Happen—Going Further—Dramatic Play and Literacy: Expression Through Story Tables—SERIES 3 OF 3

Children typically do not learn French until Grade 4 in our school system. Research shows that learning a second language promotes intellectual growth and development and stimulates language acquisition in the first language. It’s also one of our 2 national languages in Canada. Not to mention, it’s fun! In this workshop, participants with little or no French will learn how to introduce the language to their young students and have fun learning along with them!

Calling all Engineers: Reawaken the Inventors in your Program—SERIES 3 OF 3

This workshop will remind participants of children’s capabilities and invite them to recognize and seize opportunities in fostering engineering through play. We will examine engineering concepts and will explore how to integrate these concepts into a responsive and meaningful curriculum with young children.
Hello! Bonjour! Introducing French to Young Children

In this workshop, participants with little or no French will learn how to introduce the language to young students and have fun learning along with them! Children typically do not learn French until Grade 4 in our school system. Research shows that learning a second language promotes intellectual growth and development and stimulates language acquisition in the first language. It’s also one of our 2 national languages in Canada. Not to mention, it’s fun!

- **Date/Time:** Thursday November 1, 6:30 pm– 8:30 pm
- **Presenter:** Melissa Scheichl & Vincent Dessureault, The Allergy Mom
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultant, Supervisor, Manager, Licensee, and Cooks
- **Location:** Mississauga– Hilton Garden Inn, 100 Traders Blvd East Mississauga, ON L4Z 2H7 (beside CDRCP)

The Theory of Loose Parts

Loose parts are an essential material in all classrooms. We will discover together what are loose parts and how to use them in children’s thinking and idea gathering. In a hands-on experience, we will have an opportunity to play with loose parts and discover the properties of these materials and their value when used in play. Participants will create a list of loose parts and where to collect them. This workshop is related to How Does Learning Happen and will connect participants with engagement, expression, and playful inquiry.

- **Date/Time:** Thursday November 1, 6:30 pm– 8:30 pm
- **Presenter:** Heather Jackson, RECE, Director of The Sunflower School
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** Child Care, School– Age, EarlyON, Home Child Care
- **Location:** Brampton– Courtyard by Marriott Hotel and Conference Centre Toronto/ Brampton, 90 Biscayne Crescent Brampton ON, L6W 4S1

Stimulating Language and Literacy Development

Educators and parents are often encouraged to read to children to assist in language and literacy development. However, there is so much more that can be done in all aspects of the child’s day. This workshop is mostly hands-on and provides stimulating ways you will be able to create an environment rich with language and literacy activities. A discussion on brain development including defining synaptic connections will be included. You will be able to discover and demonstrate how sensory activities assist in language and literacy development in a fun and interactive workshop.

- **Date/Time:** Friday November 2, 1:30pm– 3:30 pm
- **Presenter:** Carolyn Hadcock, Miss Carolyn Seminars
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** EarlyON
- **Location:** Brampton– Courtyard by Marriott Hotel and Conference Centre Toronto/ Brampton, 90 Biscayne Crescent Brampton ON, L6W 4S1
Program and Curriculum

**Childhood Disability in the 21st Century: Canadians Are Leading The World!**

Several modern ideas about health and disability are challenging us to rethink our approach to children with impairments and their families. Of particular interest is the WHO’s new framework for health (the ‘ICF’), which has been adapted by McMaster researchers to focus on Function, Family, Friends, Fun, Fitness and Future. These and related ideas – adopted around the world – will form the core of our presentation. We will explore how these ideas are all actionable, and illustrate their application with our eloquent parent presenter.

- **Date/Time:** Tuesday November 6, 10:30 pm– 12:30 pm
- **Presenter:** Dr. Peter Rosenbaum, Andrea Cross (CanChild) & Danijela Grahovac
- **Level:** Beginners
- **Audience:** Child Care, School– Age, EarlyON, Home Child Care
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

**School-Agers and their Stressors: Finding Balance**

Challenging behaviours can be difficult for everyone. There are many hidden stressors that children and adults are faced with daily. Inspired by the work of Shanker, from the MEHRIT Centre in Toronto, this session will clarify the difference between misbehavior and stress behaviour. During this workshop, participants will explore strategies for minimizing stress.

- **Date/Time:** Thursday November 8, 10:30 am– 12:30 pm
- **Presenter:** Kathy Spinks, Kathy Spinks Early Learning Consultant
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** School-Age, EarlyON, Supervisors, Managers and Licensee
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

**Its an App App World! Negotiating iPad Play In Early Childhood Programs**

Young children live in a digital world! As educators and care providers it can often be a challenge to know what, where, when, how to use apps and iPads with young children. Please join Debra and Dane in this research informed, hands-on session to play and learn with apps and iPads. Attendees to the session will learn important skills and techniques to both assess quality apps, and gain various ideas on implementing iPad play/learning in an early years context. Attendees will also be provided with a ‘best practices’ guide for iPad integration. This session is intended for novice or beginner iPad users within programs. Note: Attendees are encourage to bring an iPad with them to this session.

- **Date/Time:** Thursday November 8, 6:30 pm– 8:30 pm
- **Presenter:** Dr. Debra Harwood & Dr. Dane Marco DiCesare, Brock University
- **Level:** Beginners
- **Audience:** Child Care, EarlyON and Home Child Care
- **Location:** Brampton– Courtyard by Marriott Hotel and Conference Centre Toronto/ Brampton, 90 Biscayne Crescent Brampton, ON L6W 4S1
Program and Curriculum

How Your Child Grows—SERIES 2 OF 3

Participants will identify the characteristics of childhood development from birth to 12 years of age in order to understand the practices and inclusion interventions used in a Montessori environment to support wholesome growth.

Note: This workshop is designed for anyone interested in learning more about the Montessori approach.

- Date/Time: Thursday November 8, 4:00 pm– 6:00 pm
- Presenter: Sandra Girlato, Foundation for Montessori Education/Montessori Fundamentals
- Level: Intermediate and Advanced
- Audience: Montessori
- Location: Mississauga– Hilton Garden Inn, 100 Traders Blvd East Mississauga, ON L4Z 2H7 (beside CDRCP)

Infant Toddler Exploration

Young children are capable, curious, and competent individuals. During infancy and toddlerhood, children thrive for inquiry and seek stimulation in order to foster and develop skills. This session will remind educators just how important of a role the 5 senses play for children as they explore, grow, and learn. We will network as we explore various environments, which can help with stimulate inquiry and build curiosity. As a group we will reflect on our views of how infants and toddlers are capable, curious and, competent individuals.

- Date/Time: Thursday November 8, 6:30 pm– 8:30 pm
- Presenter: Kelly Woodward
- Level: Beginners, Intermediate and Advanced
- Audience: Child Care, EarlyON and Home Child Care
- Location: CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

How Does Learning Happen? Invitations to Play in a Home Child Care Setting—SERIES 2 OF 3

Are you trying to get to grips with taking the interests of children and linking them to provocations for learning and invitations to play? This interactive workshop will consider the role of schema play and offering experiences that cater to all the senses. Participants will be introduced to the concept of Messing About, which was developed by David and Frances Hawkins, and explore how it supports educators to provide meaningful, developmentally appropriate experiences for children of all ages. There will be an opportunity for participants to set up an invitation to play utilizing A Thinking Lens for Reflection and Inquiry after which participants will be able to Mess About with their invitation to play using Higher Order Thinking Prompts.

- Date/Time: Tuesday November 13, 7:00 pm– 9:00 pm
- Presenter: Ginette Wilson, ECCDC
- Level: Intermediate and Advanced
- Audience: Home Child Care
- Location: Brampton– Courtyard by Marriott Hotel and Conference Centre Toronto/ Brampton, 90 Biscayne Crescent Brampton, ON L6W 4S1
How Does Learning Happen? Observing and Documenting Children’s Learning—SERIES 3 OF 3

As educators we are being encouraged to move away from simply providing activities for children to do and to consider the context of their learning in a deeper way. This session will look at how we can make children’s learning visible through the use of pedagogical documentation as a tool to highlight children’s learning through their lived experiences; utilizing a co-learning approach with children, families and fellow home child care providers. Participants will gain a variety of tools to aid them in their practice to interpret and make children’s learning visible.

Building Relationships and Working Better in the Classroom

Working together can be challenging at times but you can learn how to build stronger relationships in the classroom to communicate better, develop shared norms and goals, and achieve outcomes together to help you work better.

In this two-hour workshop, participants will learn:

- How to establish team norms upfront to communicate, share, and challenge assumptions before conflict arises.
- How to communicate effectively to make any relationship successful.
- How different personalities are a strength and how to build on the strengths that each team member brings.
- What to do when conflict does arise despite your best efforts.

Outdoor Learning Environments

The outdoors offers a perfect learning environment for all age groups. This especially holds true for the early years. Time outdoors naturally addresses the gross-motor and sensory needs this age group craves, while also supporting and developing language and social skills. In Outdoor Learning Environments, participants will learn how to transform a playground into a paradise where children can flourish.

Learning outcomes:

- Identifying the diverse types of outdoor learning environments.
- Understanding the many benefits of nature play.
- Creating a plan for an outdoor space.
- Utilizing outdoor environments in the community.
Program and Curriculum

More Than Fairy Tales; The Everyday Magic of Storytelling

This workshop will explore the importance of storytelling with children ages 8-13. The imagination develops with the developing child; it is as important for older children as it is for younger children. Stories from around the world and across the ages help children to know others and themselves, to develop compassion and thinking, to direct their activities in healthy ways. Storytelling is “whole brain activity” that supports the love of learning, enlivens every subject, reflects the important issues of adolescence and how to meet them with meaning and support. Participants will explore stories/legends/myths from around the world, learn how to gather/select/tell stories age-appropriately, and how to use them in educational/community/home settings.

Promoting Literacy in your Playground

In this workshop, we will step outside the standards of reading and writing and explore how outdoor unstructured free play supports motor, creative, social, and language skills needed to assist in developing the foundations of literacy for young children. We will take you on a journey to understand how a well-planned and sensory rich outdoor environment naturally provides these activities and experiences to support the prerequisites needed for literacy. We will provide educators with the tools to understand not only the building blocks of literacy but the importance of using the outdoors as a springboard for learning where educators support and expand children’s play.

Happiness and the Science of Positive Psychology

This workshop introduces you to Positive Psychology and has been designed for Educators seeking to improve their personal and/or professional lives. Positive Psychology is the scientific study of positive emotions and strength-based characteristics that promote optimal human functioning. Founded evidence suggests that experiencing positive emotions has beneficial effects on our creativity, productivity and physiology and enhance personal sense of belonging, engagement, expression, and well-being. This workshop is dedicated to teaching you how to integrate Positive Psychology into the various domains of your life; increasing your sense of happiness.
## Program and Curriculum

### Rhythm, Rhyme, and Storytelling With Young Children

This workshop will explore how to use simple rhymes, stories, finger games, and songs with very young children (birth-3yrs). We will discuss how to find and select age-appropriate rhymes/stories, how to use them to bring rhythm to daily activities, and how to present them joyfully to very young children and to adults working with them. Participants will develop a template for gathering a diverse selection of age-appropriate rhymes/songs/stories from around the world, and develop an understanding of how this nourishes the developing imagination and language skills of young children, as well as the adults who care for them.

- **Date/Time:** Wednesday November 21, 10:30 am– 12:30 pm
- **Presenter:** Dawne McFarlane & Celia Barker Lottridge, Mother Goose
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** Child Care, EarlyON, Home Child Care, Montessori, Resource Consultant, Supervisors, Managers and Licensee
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

### Promoting Resilience in Children— SERIES 2 OF 2

This workshop is further elaboration of understanding the concept of resilience as well as strategies for promoting resilience through using interactive exercises. Parents, caretakers and service providers will learn various tools and techniques how to promote resilience in children by addressing thoughts and actions and enhancing their potentials.

**HIGHLIGHTS OF LEARNINGS:**
- Understanding and accepting the concept of change
- Process of learning and what needs to be added to expand your learning style
- Strengths and areas for improvement
- Life goals and sense of purpose
- Understanding of resources and what needs to be added
- Skills enhancement and self-empowerment.

- **Date/Time:** Thursday November 22, 6:30 pm– 8:30 pm
- **Presenter:** Dr. Saadia Akram— Pall, Psychological Assessment and Psychological Services
- **Level:** Intermediate
- **Audience:** Child Care, EarlyON, Home Child Care, Montessori, Resource Consultant, Supervisors, Managers and Licensee
- **Location:** Brampton— Courtyard by Marriott Hotel and Conference Centre Toronto/ Brampton, 90 Biscayne Crescent Brampton, ON L6W 4S1

### Montessori and Mindfulness— SERIES 3 OF 3

In this session, participants will develop an understanding of the role of the adult in a Montessori environment and identify the importance of intellectual, physical and psychological preparedness to work with children from birth to 12.

Note: This workshop is designed for anyone interested in learning more about the Montessori approach.

- **Date/Time:** Tuesday November 27, 4:00 pm— 6:00 pm
- **Presenter:** Sandra Girlato, Foundation for Montessori Education/Montessori Fundamentals
- **Level:** Intermediate and Advanced
- **Audience:** Child Care, School–Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5
# Program and Curriculum

## La Science Est Partout, Profitons-en!

Par le biais de discussions et d'expérimentations, cet atelier donnera l'occasion aux participants de constater comment la science est partout et point n’est nécessaire d’acheter ou de créer du matériel. Il suffit de profiter de chacun son milieu. Des pistes concrètes, pratiques et simples seront fournies.

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<tr>
<th>Date/Time:</th>
<th>Wednesday November 28, 6:30 pm- 8:30pm</th>
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<tbody>
<tr>
<td>Presenter:</td>
<td>Hélène Pouliot-Cleare, Pouliot-Cleare &amp; Associates</td>
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<td>Level:</td>
<td>Intermediate</td>
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<td>Audience:</td>
<td>Child Care, School– Age, EarlyON and Home Child Care</td>
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## How Does Learning Happen? Mobilizing Theory into Practice

Building upon previous sessions on How Does Learning Happen?, this session will be based on experiential learning, where educators share ideas, network and have meaningful dialogue.

Please review, “How Does Learning Happen? Ontario’s Pedagogy for the Early Years”, prior to this session.


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<tbody>
<tr>
<td>Presenter:</td>
<td>Quality Initiatives Mentors, CDRCP</td>
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<tr>
<td>Level:</td>
<td>Beginner</td>
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<td>Audience:</td>
<td>Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Manager and Licensees</td>
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<tr>
<td>Location:</td>
<td>Mississauga, Admiral Inn Mississauga, 2161 N Sheridan Way, Mississauga, ON L5K 1A3</td>
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## The Language of Storytelling With Story Tiles

Early learning educators are always looking for ideas that meet the expectations of how learning happens in terms of language and literacy. Learning through play applies to all aspects of the curriculum and in this hands-on session we will review favourite children’s books and create story tiles that could be shared with the children. Retelling favourite stories and creating one’s own, invites children to creatively express their ideas and wonders. Come ready to play!

Learning outcomes: Participants will;

- Reflect on how learning happens with respect to playful literacy
- Bring stories to life and be confident to share a similar experience with children.

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<th>Date/Time:</th>
<th>Thursday November 29, 6:30 pm– 8:30 pm</th>
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<tr>
<td>Presenter:</td>
<td>Cindy Green, Early Learning Consultant</td>
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<td>Level:</td>
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<td>Audience:</td>
<td>Child Care and School– Age</td>
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<td>Location:</td>
<td>Mississauga– Hilton Garden Inn, 100 Traders Blvd East Mississauga, ON L4Z 2H7</td>
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### Program and Curriculum

#### Healthy Risk-Taking

“Healthy Risk-Taking” has become one of the newer catch phrases in Early Childhood Education and it is often used in reference to outdoor play for children. But what does it really refer to and how does it fit with the HDLH Pedagogy and our view of the child. This workshop will explore the meaning of Healthy Risk-Taking and how to decide what is okay and what poses a safety hazard for children. As Early Childhood Educators, we are given the responsibility to create indoor and outdoor play experiences that foster children’s development in a safe way but also challenge children to explore their capabilities as they mature. We will explore introducing this concept with families to ease their worries. Participants will develop an informed understanding of Healthy Risk Taking and create a list of elements that should be considered in planning play experiences for children. This links to HDLH through Belonging, Engagement, Well-Being, and Expression and challenges participants to explore their view of the child in the scope of the curriculum.

- **Date/Time**: Thursday November 29, 6:30 pm– 8:30 pm
- **Presenter**: Sally Kotsopoulos, Kotsopoulos Presentations
- **Level**: Beginners and Intermediate
- **Audience**: Child Care, School– Age, EarlyON, Home Child Care, Montessori, Supervisors, Manager and Licensees
- **Location**: CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5

#### The Big Idea

How can you create long term investigations that inspire both the children and educators? We will explore Play Schemas and reoccurring scenarios in children’s play and how to use them to build long term projects. Participants will use templates to observe children’s play, plan projects, and create documentation. Templates will include observation charts, planning tools for project work, and examples of documentation formats.

- **Date/Time**: Thursday November 29, 6:30 pm- 8:30pm
- **Presenter**: Heather Jackson, RECE, Director of The Sunflower School
- **Level**: Beginners, Intermediate and Advanced
- **Audience**: Child Care, School– Age, EarlyON, Home Child Care
- **Location**: Brampton– Courtyard by Marriott Hotel and Conference Centre Toronto/ Brampton, 90 Biscayne Crescent Brampton ON, L6W 4S1

#### You Can Tell A Story: Storytelling With Young Children

You can tell a story anytime, anywhere. What makes a good story and why is it deeply nourishing for children and adults? Come listen to a story, learn about age-appropriate story selection and telling with young children (ages 3-6yrs) and explore the importance of storytelling in educational settings and at home. Stories can have a place in the rhythm of each day. Rhythm, rhyme, harmony and fun! Participants will develop a toolkit for collecting, selecting, and telling stories from around the world, and explore how to use storytelling to joyfully and effectively nourish healthy daily rhythms, transitions, language development, and the developing imagination of young children.

- **Date/Time**: Tuesday December 4, 1:30 pm– 3:30 pm
- **Presenter**: Dawne McFarlane
- **Level**: Beginners, Intermediate and Advanced
- **Audience**: Child Care, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers and Licensees
- **Location**: Mississauga– Homewood Suites- 6430 Edwards Blvd, Mississauga, ON L5T 2Y3
Program and Curriculum

Environmental Design and Aesthetics in Early Learning and How the Environment can be a Third Teacher

According to How Does Learning Happen?, the environment is the context in which learning takes place. “It mirrors the ideas, values, attitudes, and cultures of those who use the space” (p. 20). Educators should pay heed to the environment to make sure that their beliefs and values about children and learning are represented in the space. The objective of this workshop is for participants to engage with materials while thinking deeply about environmental design and aesthetics and how they impact children’s sense of well-being and belonging while enhancing engagement and expression. The environment can act as a third teacher and therefore much thought and care needs to be put into preparing the environment for playful learning!

- **Date/Time:** Tuesday December 4, 6:30 pm – 8:30 pm
- **Presenter:** Dr. Diane Kashin, RECE
- **Level:** Beginners, Intermediate and Advanced
- **Audience:** Child Care, School– Age, EarlyON, Home Child Care, Montessori, Resource Consultants, Supervisors, Managers and Licensees
- **Location:** Brampton– Courtyard by Marriott Hotel and Conference Centre Toronto/ Brampton, 90 Biscayne Crescent Brampton, ON L6W 4S1

How to Set Up Your Classroom

The environment we set up for the children in our program influences their learning and acts as our “third teacher”. During this session, we will self-reflect as we ask questions about why and how decisions are made regarding the environment. We will co-learn as we share our knowledge of successful environments. As a group, we will observe a variety of environments and collaboratively inquire how this “third teacher” influences the children in our programs to thrive, investigate, imagine, and learn.

- **Date/Time:** Tuesday December 4, 6:30 pm – 8:30 pm
- **Presenter:** Kelly Woodward
- **Level:** Beginners
- **Audience:** Child Care, School– Age, EarlyON, Home Child Care
- **Location:** Bolton– Hampton Inn and Suites by Hilton Bolton, 12700 Hwy 50 Bolton ON, L7E 1L9

Creative Expression with Clay

Clay is a natural material that human kind has engaged with for centuries. Over time people have used clay as a medium for cookware and creative artifacts. During this hands-on workshop, educators will have the opportunity to explore the many properties of clay and be given time and space to create with it.

- **Date/Time:** Tuesday December 11, 6:30 pm – 8:30 pm
- **Presenter:** Kathy Spinks, Kathy Spinks Early Learning Consultant
- **Level:** Beginners and Intermediate
- **Audience:** School– Age, EarlyON, Supervisors, Managers and Licensees
- **Location:** CDRCP, 75 Watline Ave, Unit 103, Mississauga, L4Z 3E5
WEBINARS

Please check our website frequently to see new webinars throughout the year (If you have a topic of interest, or presenter recommendation please fill out our quick questionnaire, click here.

All webinars can be found on our website: http://cdrcp.com/professional-education#e-learning-opportunities

I watched a webinar... Now what do I do?

If you have viewed a webinar and are looking for a confirmation of viewing, please follow these steps:

1. View webinar(s) of choice on www.cdrcp.com/ Quality Initiatives/ E-Learning Opportunities
2. From the Quality Initiatives Web Page go to the Downloadable Forms Tab
3. Download The Webinar Feedback Form
4. Complete Webinar Feedback Form (one– per Webinar viewed)
5. Send the completed forms to the email address on the bottom of the form
6. You will receive your Confirmation of Viewing Email shortly

* Please note: Currently we do not provide certificates for pre-recorded webinars

Newly added webinars available for viewing:

Business and Human Resources:
• The 5 Pillars of ME Inc.- Part 1 and Part 2— New!

Legislation:
• Duty to Report—New!

Health and Wellness:
• Why Nutrition Matters for Mental Health— New!
• Mindfulness and Self– Care— New!
• Looksee— New!
WEBINARS COMING SOON

Business and Human Resources:
  - HR Essentials for Supervisors & Owners: Learn HR Skills from the comfort of your desk.

Fostering Engagement:
  - Introduction to LGBTQ
  - Courageous Conversations with Parents
  - Effective Communication
  - Men in Early Childhood Education

Health and Wellness:
  - Understanding Temperament to Promote Overall Well–Being
  - Children’s Rights
  - 2 part series: Self Regulation

Program and Curriculum:
  - Planning a Successful Environment for Toddlers
  - Behaviour Guidance
  - 3 part series: The Art of Storytelling
Business and Human Resources

So You Want to Build

This webinar provides an introductory overview of the development planning process from start to finish. The presentation sets out what applications may be required to get through the planning approvals phase for a development proposal, and information is provided on how to move on to your building permit application. This webinar is ideal for those seeking to expand their current land use, or establish a new one.

Duration: 8 minutes

Performance Management and Employee Discipline

Gain knowledge on employee challenges you may face, and tips and tricks for managing employee performance. Learn techniques you can use to successfully manage challenging employees, whether the challenges lie in an employee’s ability to perform the duties of the job (“poor work behavior”) or the employee fails to abide by rules and policies (“improper workplace behaviour”). Viewers will learn techniques on how to identify the cause of poor performance and how to successfully manage their performance.

Duration: 1 hour

Legal and Ethical Issues in Children’s Services

We will discuss issues regarding providing services to children and their families. Topics will include, ‘How do we make decisions in Children’s Services?’ touching base on guidelines for decision making in regards to children’s services and involving others. We will discuss the law and ethics which provide legal rights to us as professionals and provide guidelines within this process, while working with clients. Learn your professional boundaries, and how Canadian laws are involved within decision making processes for helping others.

Duration: 1 hour and 15 minutes

Building your Business through Exceptional Customer Service

Discover how you can be sure that everyone in your business is on the same page delivering the same message to your clients. This webinar focuses on getting all of your customer touch points in alignment. Reduce miscommunications by establishing clearly defined behaviours and design policies that set you apart from the competition and win you customer loyalty every time.

Duration: 1 hour

Successful Change Management - Good Luck or Good Planning

This webinar focuses on the fundamentals of change through the lenses of both those initiating change and those reacting to it. This includes understanding the principles of driving and resisting forces of change, the early adopters, and the importance of change, through group participation and activities.

Duration: 35 minutes

Facilitation Skills for Meaningful Conversations

This webinar will help you understand how to differentiate the role of a facilitator from a trainer, review the competencies of a successful facilitator and help to develop new facilitation tools for use in a variety of situations.

Duration: 1 hour
### Business and Human Resources

#### Branding your Organization for Success
This webinar will assist you in understanding what branding is as part of your marketing plan, how effective branding can help to differentiate your organization from competitors and how to align your branding strategy with your organizational goals.

**Duration:** 46 minutes

#### Board Basics – Giving You the Tools to be a Well Informed Board Member
The Board of Directors represents the organization through a governance structure which is critical to organizational effectiveness and success. In this webinar, you will learn the roles and responsibilities of board members as well as their legal obligations. Take advantage of learning how the right people in the community are doing the right work, in the right manner. This webinar will help move your organization to success by understanding the role your board has.

**Duration:** 1 hour

#### Board Effectiveness and Good Governance Essentials
This webinar will introduce and explain key factors impacting the effective performance of boards and how good governance is achieved. Taking a highly practical approach, participants will be equipped with insights that can be used immediately to improve the performance of their board and how their organization is governed.

**Duration:** 1 hour

#### Setting Your Culture
How we define a culture, the importance of the role of values in organizational culture, how to create a respectful culture to engage your staff and volunteers in a positive culture has an impact on our daily life. In this webinar we will discuss how we define culture, the importance of values in organizational culture, how to create an engaging, but respectful, culture for your staff and volunteers, and how culture impacts our daily lives.

**Duration:** 1 hour

#### Moving from Manager to Mentor
As a manager, you have mastered supervision and the traditional management tasks regarding performance review, delegation, and team leadership. Now, you see the potential to develop your ‘Centre of Excellence’ in your sector and help develop others as a mentor. What does mentoring mean and how does it differ from management? This one hour webinar challenges viewers to undertake the mentor role to both expand your own skills and development while developing others.

**Duration:** 30 minutes

#### Risk Management for Not-for-Profit Organizations
This webinar covers the basics of risk, risk management and how organizations can develop risk management strategies. Topics include identifying risks, analyzing risks, strategies to manage risks, developing and ongoing evaluation of risk management plans.

**Duration:** 40 minutes

#### The Alphabet of the New Ontario Not-for-Profit Corporations Legislation
The new Ontario Not-for-Profit Corporations Act is not yet enforced, however, when it is expected to be administered it will affect the way not-for-profit organizations operate. Complying with this legislation may have significant impact on your organization. Join us to review the key features of the new legislation and steps your organization can take to prepare.

**Duration:** 56 minutes
## Business and Human Resources

### The 5 Pillars of ME Inc.

Have you ever wondered what empowers today’s successful managers? Through this motivational, practical two-part leadership webinar you will first be introduced to the qualities that successful leaders rely upon to establish a rock-solid foundation in their professional and personal lives. Upon discovering the foundations or guidelines, one is able to define the ‘must have’ principles for sustained success. Part 2 of this webinar offers you a comprehensive toolbox and ‘how to’ tips to build high performance teams and the key performance indicators (KPIs) to measure their and your success by.

**Part 1: Duration: 20 minutes**

**Part 2: Duration: 43 minutes**

### Fostering Engagement

#### Anti-Oppression Training

This webinar will provide tools on the nature of oppression and important strategies and practices to be used to begin constructing your own Anti-Oppression Framework within your workplace. Participants will have time for personal reflection throughout this webinar as an important component to their learning. This webinar will provide you with a deeper understanding of what Oppression and Anti-Oppression mean, provide you with Anti-Oppression resources and tools and how to deal with Oppression involving your own thoughts, feelings and actions.

**Duration: 30 minutes**

#### Setting the Stage for Successful Behaviour: An Introduction and Overview

Setting the Stage for Successful Behaviour is a positive and structured process which adults can use to support children with challenging behaviour. This approach is based upon the concept that all behaviour occurs for a reason(s). Once we identify these reasons, we can then use this information to develop strategies which will help the child learn various ways of behaving successfully. This webinar will identify the purpose and components of Setting the Stage training, as well as provide an overview of the theory and process of STS.

**Duration: 30 minutes**

#### Setting the Stage for Successful Behaviour: Part 2

Take a look at our new Setting the Stage 2 webinar! This webinar is a teaser to the extension of training coming soon! This webinar will provide you with essential and basic information about the new Setting the Stage. We have built this extension to complement the popular Setting the Stage training to provide participants concrete strategies and techniques while using the training. This webinar will provide you with insider knowledge on what to expect for in-person training, such as the toolbox that will provide you knowledge on how to handle a variety of situations using the STS approach.

**Duration: 35 minutes**

#### Retiring “Good Job” By Engaging in Intentional Higher Level Conversations

Do you find yourself constantly praising children’s work by saying Good Job? Since the Ministry of Education is supporting an inquiry based curriculum, educators are encouraged to use higher level conversations when engaging with children. In this webinar we will examine intentional, higher level conversations that brings out children’s cognitive abilities; enhances language development, as well as building on their learning. You will be presented with many examples of appropriate ways to talk with children, offering an opportunity to practice your new skills.

**Duration: 1 hour**
Fostering Engagement

Understanding the Story of Early Childhood Education

The story of Early Childhood Education is created with multiple perspectives, displaying that there never really is only one side to a story. This story has multiple perspectives called frameworks, that cohabit in peaceful but very separate landscapes. This webinar outlines the story of Early Childhood Education as shared by Dr. Peter Moss, from his lecture at the University of British Columbia. His views, as well as a personal research study on the Pathways to Advocacy are merged into one presentation exploring both the stories in Early Childhood Education and what we as ECE’s can learn from a variety of perspectives.

Duration: 14 minutes

Parler aux parents des comportements difficiles

Cette présentation vous offre un aperçu de la communication avec les parents et comment aborder le sujet d’un comportement difficile chez leur enfant. Nous soulignons l’importance d’une première impression, comment éviter les malentendus, comment composer avec les différents types de personnalité, et comment travailler en équipe avec les parents pour le bien-être de leur enfant.

Duration: 17 minutes

Mise en scene d’un comportement reussi

Mise en scène - Information générale au sujet de Mise en scène d’un comportement réussi, Travailler en équipe, Choisir et définir le comportement sur lequel vous désirez travailler, Cercle 1: Comprendre l’enfant comme étant unique, Cercle 2: Mise en scène afin que tous les enfants aient un comportement réussi, Environnements physiques et sociaux, Cercle 3: Comprendre les fonctions du comportement, travailler avec les déclencheurs et les conséquences.

Duration: 30 minutes

Health and Wellness

Stress and Crisis Management

This webinar looks at stress; what it means, what causes it and what it looks like, as well as how we might reduce stress where possible. We also look at crisis; what it is, what causes it, what impact it has, and how we can deal with crisis. Included in this section is assertiveness vs. passivity and aggression. We also consider families who are challenged and therefore in crisis often.

Duration: 50 Minutes

Introducing Solid Foods to Infants

Introducing solid foods and responding to a child’s hunger and fullness cues can be a challenge for parents and caregivers. To support the development of healthy eating skills, this evidence-based webinar provides information on, developing readiness for solids, responsive feeding, creating a positive eating environment and the importance of caregivers engagement during mealtimes.

Duration: 30 minutes
Health and Wellness

Mindfulness and Self– Care Strategies

Mindfulness & Self-Care are so important for individuals with giving personalities who devote their life to helping others. In this webinar, you’ll take 30 minutes of self-care time to engage in 5 different mindfulness-based practices that you can use to:

- de-stress and release tension
- calm your nerves
- pay better attention and care to your body and mind

Duration: 38 minutes

Why Nutrition Matters for Mental Health

An estimated 1.2 million children & youth in Canada are affected by mental health issues. 17% of children ages 2-5 years meet diagnostic criteria for mental health problems. Does nutrition matter for mental health? Many children are overfed and undernourished. They are missing adequate key nutrients for healthy development and function. Join Amy as she shares recent research and strategies to promote mental health through healthy eating and lifestyle.

Duration: 1 hour

Looksee

In celebration of its 25th anniversary, ndds, *(Nipissing District Developmental Screen)* a North Bay-based non-profit organization, is announcing what it calls a new parent-friendly name and look for its signature developmental checklist. Since 1993, ndds has been helping children worldwide reach their developmental potential by providing an easy-to-use checklist that encourages interaction between parents and health/child care professionals.

"The new playful, friendly name—the Looksee Checklist—reflects the simple, approachable quality of the product to appeal to even more parents. The series of checklists follow a child from 1 month to 6 years of age and provides a short list of yes or no questions about the child’s abilities along with tips to help them grow."

The checklists are available in a variety of languages and formats

Duration: 8 minutes

Infection Prevention and Control in Child Care Settings—2 Part Webinar!

Region of Peel Public Health Inspectors in collaboration with Child Development Resource Connection Peel developed an online resource for child care educators. The resource is a two part webinar that will help child care educators enhance their knowledge about infection prevention and control practices in child care settings. The first part of the webinar provides information on hand washing, diapering, cleaning and disinfection. The second part focuses on sensory play, self-serving, gardening and animals.

Part 1: Duration: 16 minutes

Part 2: Duration: 6 minutes

Legislation

Duty to Report

We all play a vital role in the Peel community to keep children safe and well. In this webinar we will review on-going duty to report, what needs to be reported and how, the investigation process and the steps of referral.

Duration: 22 minutes
**Legislation**

**Transitioning to a Non—Profit Corporation**

This webinar will provide an overview of the 7—steps to consider in regards to transitioning from a profit organization, to a non-profit organization or child care centre. We will review key terms referring to corporate structure and your organization, legislative overview for both for-profit and not-for-profit corporations, the definition of both for-profit and not-for-profit, explore paths that could be used for transition, how to organize your new non-profit; including good governance and practices to keep in mind, and additionally resources will be provided for more information.

**Duration:** 42 Minutes

**Ethics and the Role of the ECE**

This webinar will review the major ethical concepts in human services and discuss how these relate to the Code of Ethics and Standards of Practice from the College of Early Childhood Educators of Ontario. Many practical examples are used to illustrate these concepts. Viewers will also have the opportunity to reflect on the scope of practice as an ECE.

**Duration:** 1 hour and 15 minutes

**Program and Curriculum**

**Feel Comfortable When Using an Environmental Assessment Tool**

Completing an environmental assessment tool can be overwhelming. This webinar will review a variety of environmental tools that are currently used in Peel. Learn how to score your program, and how to make small changes that will have a big impact on quality. A variety of environmental assessment tools will be available for review.

**Duration:** 30 minutes

**Fine Motor Development and Emergent Writing**

This webinar will provide an overview of the stages of drawing and writing, and the importance of materials and manipulatives in programs.

**Duration:** 30 minutes

**Early Literacy Checklist**

The Early Literacy Checklist is a reflective self-assessment tool enabling staff working with young children to better evaluate to what extent they support literacy in young children, families and communities. This webinar provides insight into how to look at your program through a literacy lens, providing visuals of literacy rich program environments to help successfully create a language-rich play space. This webinar also includes a sample action plan to help staff identify areas that require modifications to ensure literacy focused play centres.

**Duration:** 1 hour

**Supporting a Child’s Oral Language: Focusing on Talking and Listening Skills**

A child’s oral language development is an important life skill developed at an early age. In this webinar you will learn about listening and speaking skills, early learning program criteria, multisensory skills and daily routines. You will be guided through ways to support child communication, various developmental milestones of language, recommended screen time, and a review on best toys to support these learning needs.

**Duration:** 50 minutes
## Program and Curriculum

### How Learning Happens in Infant and Toddler Settings

The Ontario Ministry of Education has created an important document titled *How Does Learning Happen? Ontario’s Pedagogy for the Early Years*. The purpose of this document is to describe quality early years programs based on research and professional practice. Learning happens when educators build positive and responsive relationships, focus on children’s development and provide environments in which children learn through exploration and play. In this webinar, we will demonstrate the four foundations of learning - and how to enhance belonging, well-being, expression and engagement in infant and toddler settings utilizing these guidelines. Join this free webinar to gain new strategies, skills, and knowledge to improve interactions with infants and toddlers within your care.

**Duration:** 1 hour

### How Does Learning Happen: Starting the Conversation in Peel

This webinar is an introduction to *How Does Learning Happen, Ontario’s Pedagogy for the Early Years*. It provides an overview of the document and briefly describes the four foundations, well-being, engagement, expression, and belonging. This will encourage reflection about learning through relationships for those who work with young children and their families.

**Duration:** 12 minutes

### Développement de la motricité fine et l’écriture provisoire

Ce webinaire présente un aperçu des étapes du dessin et de l’écriture et souligne l’importance d’incorporer dans les programmes toute une panoplie d’un matériel et d’articles de manipulation.

**Durée:** 20 minutes

### Connecting Children to the Outdoors: The Importance of Natural Play (Part 1)

In this webinar we will take a look at outdoor learning environments. The focus will be on returning to nature when program planning, the use of natural materials and play spaces, and curriculum brainstorming around bringing learning outside. We will also be focusing on children’s storybooks that incorporate nature themes and natural play. This session will have ideas for all age groups (infants to school age settings).

**Duration:** 1 hour, 11 minutes

### Fusion Gardens in Playground Spaces (Part 2)

In this webinar we will take a look at ways in which design impacts outdoor spaces for children and how to create a fusion garden within playground spaces. Resources will be provided for staff to gain knowledge around planting and planning for creative fusion spaces within playgrounds.

**Duration:** 1 hour 18 minutes

### Physical Literacy

This webinar will help participants gain a better understanding of the term Physical Literacy and how it can be implemented in the early years’ settings. Viewers will discover the difference between Physical Literacy vs. Physical Activity, how learning a variety of fundamental movement skills can open up a whole world of opportunity and how Physical Literacy impacts brain development. Free online resources on promoting physical activity for a variety of age groups are also shared. Interested viewers will also have the opportunity to find out how they can join Peel’s Physical Literacy Champion group.

**Duration:** 30 minutes
Program and Curriculum

Reading Strategies and Print-Rich Environments
This webinar will provide an overview of Reading Stages, print-rich environments and the importance of read a-loud in Early Learning Environments.

Duration: 35 minutes

Stratégies de lecture et milieux riches en imprimés
Ce webinaire présente un aperçu des étapes de la lecture et des milieux riches en documents imprimés et souligne l’importance de lire à haute voix dans les environnements d’apprentissage de la petite enfance.

Durée: 20 minutes

Oral Language Development and Emergent Bilinguals
This webinar will provide an overview of Oral Language Development in a play based context, and support the emergent bilinguals within the programs.

Duration: 34 minutes

Développement du langage verbal et bilingues émergents
Ce webinaire présente un aperçu du développement du langage verbal dans le contexte du jeu et aidera les bilingues émergents du programme.

Durée 30 minutes

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