



# GROW



## Continuous Professional Learning in Durham



### Welcome to the winter 2025 edition of GROW!

#### Dates to remember

- January 4 - World Braille Day.
- January 22 - Bell Let's Talk.
- January 27 - Family Literacy Day.
- January 29 - Day of Action Against Islamophobia.
- February - Black History Month.
- February 14 - Missing Women Memorial March.
- February 17 - Family Day.
- February 26 - Pink Shirt Day.
- February to March - Ramadan.
- March 8 - International Women's Day.
- March 10 to 14 - March Break.
- March 17 - St. Patrick's Day.
- April 18 - Good Friday.
- April 20 - Easter Sunday.

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#### Email updates

To be notified when a new edition of GROW is available, please select the "Receive email updates" button at the bottom of the Resources for Child Care Professionals page on the Durham web page. You will receive an email notification to let you know a new GROW is available.





# Welcome to winter 2025 GROW!

Happy New Year and welcome to the winter 2025 edition of the GROW newsletter.

We are delighted to present this latest edition brimming with exciting updates and opportunities. In recognition of Black History Month, head over to page two, where we honour notable Black Canadians. We are also thrilled to offer a session focusing on “Black trailblazers: inspiring DEI in the classroom.” On page three, we delve into creating inclusive spaces for Muslim children and their families. Join the conversation and learn how we can foster a welcoming environment for all. On page five, you will find mental health resources and training opportunities including “Trauma informed practices” that will be facilitated by Family Services Durham. Additionally, discover ways to strengthen our community bonds and participate in Indigenous teachings on page six. Our Home Child Care committee continues to support our ever-growing network of providers with various trainings; find more details on page 17. Page eight features our supervisor sessions, which are excellent networking opportunities for leaders to learn and connect with each other.

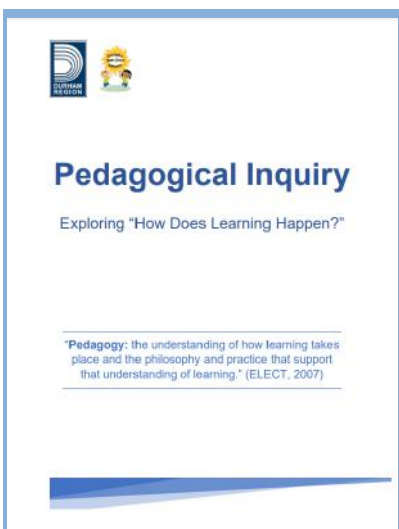


We are excited to announce that our new Resource Library is now open to the public! Visit page 10 for more information and explore all the great materials available to enhance your program.



This winter, we offer a host of virtual and in-person trainings. The Professional Education Training (PET) Committee works tirelessly to meet the diverse needs of our community. After each session, please take a moment to complete the survey. To help manage our wait-list and attendance, if you register for a session and are unable to attend, please cancel your ticket, especially for in-person events.

We are already planning for spring. Do not forget to check page 17 for all the "save the date" events we have in store. We look forward to seeing you this winter and wish you a season filled with growth and learning!



Are you a Pedagogical Leader within your organization eager to connect with peers in similar roles? This spring, we are excited to present a Pedagogical Leadership Networking Series. This initiative will provide an opportunity for leaders to revisit the Pedagogical Inquiry tool, share their unique experiences, network with one another, and explore potential training opportunities to strengthen their skills as leaders. If you are interested, please contact Janine Keith at [Janine.Keith@durham.ca](mailto:Janine.Keith@durham.ca).





# Diversity, Equity and Inclusion initiatives in Children's Services

## February is Black History Month

In 1995, the Canadian Government officially recognized February as Black History Month. Black History Month is a time to reflect on and celebrate the contributions of Black people to society, and the rich and diverse cultures within black communities.

### Celebrating Black Canadians



Mary Ann Shadd was the first Black woman in North America to publish a newspaper.



Elijah McCoy created over 57 inventions, one of which was a machine lubricant that was so good it inspired the saying: "the real McCoy."



Michaëlle Jean is the first Black Canadian to hold the title of Governor-General of Canada.

Please click below for resources to celebrate Black history

[How did Black History Month come to be?](#)

[Black History Month articles](#)

[Famous Black Canadians](#)

[Books](#)

Information taken from <https://www.cbc.ca/kids/articles/4-black-canadians-who-achieved-against-all-odds>

## Black trailblazers: inspiring DEI in the classroom



To register for this virtual workshop, please select the date below:

Date: Thursday, February 6, 2025

Time: 7 to 8:30 p.m.

In this session, we will shine a spotlight on Black Canadians who confronted systemic barriers, opened doors for future generations, and played a vital role in shaping Canada's identity and our understanding of diversity, equity and inclusion (DEI). Join us as we honour and celebrate these extraordinary individuals and explore how to authentically integrate DEI principles into your programs.



# Diversity, Equity and Inclusion initiatives in Children's Services

## Confronting Islamophobia: Creating inclusive environments for Muslim children and families

Presented by: Ameera Alhiraki, Early Learning Team

To register for this virtual workshop, please click the date and time below:

Tuesday, February 20, 2025  
7 to 8:30 p.m.

With the rise of Islamophobia (anti-Muslim attacks) in Canada, it is important for educators to reflect on how they can be allies to Muslim children and families. In this informative and thought-provoking workshop, we will discuss what Islamophobia is, break down harmful stereotypes, and consider strategies to support the inclusion, safety, belonging and well-being of Muslim children and families in our programs.



## January 29 is the Day of Remembrance and Action Against Islamophobia

On Sunday January 29, 2017, a horrific attack rooted in Islamophobia took place at the Islamic Cultural Centre of Quebec City, resulting in the death of six people and the injury of 19 others.

On January 29, we remember the lives that were lost in this senseless act of violence, and reflect on ways we can combat Islamophobia and be allies to our Muslim community.

In the week leading up to January 29th, we encourage you to show your support in the fight against Islamophobia by wearing a green square. Click the link to learn more about the [Green Square Campaign](#).



For resources and book recommendations, please email Ameera Alhiraki, Training Specialist, at [Ameera.Alhiraki@durham.ca](mailto:Ameera.Alhiraki@durham.ca).



# Mental health initiatives in Children's Services

To further support the mental health and well-being of children, families and educators in Durham Region's early learning community, we are excited to introduce the new mental health initiatives page in the GROW newsletter. The intention of this page is to support educators in accessing valuable resources, information, and training opportunities available each season.

## Bell Let's Talk: **Wednesday January 22, 2025**

A comprehensive national report released by Mental Health Research Canada (MHRC) in October of 2024 demonstrated that there is a growing mental health crisis among young Canadians. As such, Bell announced that it would prioritize youth mental health on Bell Let's Talk Day on January 22, 2025. They will be launching a text-to-donate campaign with 100 per cent of the funds raised going to six youth mental health providers including Integrated Youth Services, Jack.org, Kids Help Phone, National Association of Friendship Centres, Strongest Families Institute and Youth In Mind Foundation



To learn more about this initiative or ways you can join in the conversation, visit the [Bell Let's Talk website](#).

## Pink Shirt Day: **Wednesday February 26, 2025**

The 2025 Pink Shirt Day design is all about cultivating a community of kindness. Just like tending to a garden, together we can each help nurture a sense of belonging where we live, work and go to school. It all starts with small gestures—a kind word, an offer of support or understanding. If we plant enough, pretty soon, more will be sprouting up all around us! By sprinkling these seeds of empathy and compassion, we can "Let Kindness Grow" and work toward a world without bullying.



Image sourced from [Pink Shirt Day website](#).

To access free resources to support families and youth, please visit the [Pink Shirt Day website](#).

To register for a session, please select a workshop below:

### **School age anxiety**

Offered by: Early Learning Training Specialists,  
Durham Region and Matthew Rico (Mental Health  
Commissions Canada)  
Tuesday, January 21, 2025  
Region of Durham - Ontario Works Office  
200 John Street West, Oshawa, Suite C1A  
10:30 a.m. to 1 p.m.

### **Trauma-informed practices**

Offered by: Durham Region - Family Services  
Thursday, January 30, 2025  
Region of Durham - Ontario Works Office  
200 John Street West, Oshawa, Suite C1A  
10 a.m. to 2:30 p.m.

Educator teams are invited to attend this 3.5 hour workshop where they will have an opportunity to review fundamentals around trauma, attachment and neurobiology. Consideration, discussion and group work regarding aligning practices within child care settings, with both children and parents, will be explored. Models used to support trauma informed practices will be reviewed and case study scenarios will be included. Lunch will be provided with an opportunity to network.

### **Promoting positive mental health - make and take**

Offered by: Early Learning Training Specialists, Durham  
Region  
Tuesday, March 18, 2025  
Region of Durham - Ontario Works Office  
200 John Street West, Oshawa, Suite C1A  
11 a.m. to 1 p.m.



# Strengthening our bonds - Indigenous early years learning

## Hello! Aaniin!

We are Sacha (Training Specialist, supporting Indigenous programs) and Christine (Early Years Indigenous Cultural Coordinator) and we are thrilled to connect with you for another season. We work in a unique partnership as the Region of Durham and Dnaagdawenmag Binnoojiiyag, bringing cultural programming from a Two-Eyed Seeing perspective. This gives us the opportunity to offer meaningful and holistic experiences to the early years community.

## Seasonal reflections

The winter season brings us important Indigenous practices as we notice the changes in nature. You may have celebrated the winter solstice, which is when the sun is furthest from the equator and thus, the shortest day of the year, and now are settled into the season. Let's consider some ways to acknowledge the gifts of winter.

## Storytelling

Historically, storytelling was a seasonal tradition that was practiced in the winter. Knowledge is one the greatest gifts an Indigenous person can give. The telling of oral traditions requires the storyteller to trust the listener to take away the proper message of the story. Consider ways to share stories in your early learning environment. Try sharing a personal story, a traditional story, a poem or a song.

Excerpt from: [11 Things You Should Know About Indigenous Oral Traditions](#)



**Rest and Restore**



**Small World Stories**

“We are ceasing to be storytellers and listeners, and in doing so we are losing the great virtue called patience, so strongly emphasized by grandfathers. If we are to preserve the stories that contain our history we must restore the art, practice and principles of oral storytelling.” Quote by: Saulteaux Elder, Alexander Wolfe

## Upcoming workshops

To register for this virtual teaching, please select the box below:

### Indigenous Awareness and Introduction to Kits \*\*

Offered by: Early Learning Training Specialists,  
Durham Region

Tuesday, February 4, 2025

Location: Virtual  
7 to 9 p.m.

### On the Journey: Literacy Connections

Offered by: Early Learning Training Specialists,  
Durham Region

Wednesday, March 26, 2025

Location: Durham Region Headquarters - Room 1B,  
Whitby  
7 to 8:30 p.m.

\*\*This information session is the prerequisite to borrowing one of the Indigenous sharing kits. It will provide participants with an overview of Indigenous history in Canada. This interactive workshop will build on participants knowledge of Indigenous culture. The final part of this session will include an introduction to the Indigenous sharing kits available to borrow by contacting Sacha or Christine.

The seven kits include: Literacy Connections, Nature Connections, Everyday Play Connections, Connecting with Traditions, Community Connections, Creative Connections and the Seven Grandfather Teachings. The kits are located at Lakewoods Early Learning and Child Care Centre Resource Library in Oshawa.





# EarlyON and additional information

## EarlyON programs in Durham Region

EarlyON programming in Durham Region provides opportunities for children from birth to six years of age to participate in play and inquiry-based programs that support parents/caregivers in their roles.

Durham Region EarlyON Child and Family Centres offer safe and welcoming environments open to all families across Durham Region, with qualified professionals and quality programs. Families and caregivers will be able to find support, make personal connections, and access a network of resources. Please visit the [Durham Region website](#) for locations and schedules.



### Ready Set Grow Events

Bring your children to a FREE drop-in event for parents and caregivers of children birth to six years and ask questions about development, learning, speech, behaviour and more. Meet professionals from across Durham Region, ask questions and receive resources. Visit the [EarlyOn Child and Family Centres web page](#) for dates and locations.



### KEYON

EarlyON is excited to introduce a new registration/attendance system. Families/caregivers can register at [KEYON | Sign in](#) and select the "become a member." Complete the registration form and pick up your key tag with your personal QR code at your next visit. Your key tag can be used at any EarlyON program that is using KEYON in Ontario. This new system will provide a faster, paperless check-in process, and will allow EarlyON to collect more accurate data.



Visit our page at [durham.ca/BecomeAnRECE](http://durham.ca/BecomeAnRECE) to learn more about pathways to education, financial assistance and academic programs.



# Supervisors' Network

## Supervisors' Network (North Durham) - Indigenous Awareness

To register for this event, please select the workshop date:

Date: Thursday, March 6, 2025  
Time: 10 a.m. to 2 p.m.

Location: Scugog Memorial Public Library  
231 Water Street,  
Port Perry, L9L 1A8

Presented by: Durham Region - Early Learning Team

This information session will provide supervisors with an overview of Indigenous history in Canada, and build on their knowledge of Indigenous culture and ways of knowing. We will discuss how leaders can support educators to integrate Indigenous programming into early learning environments.

The final part of this session will include an introduction to the play-based Indigenous sharing kits, available to borrow once educators have taken the prerequisite training.



## Supervisors' Network - Special Needs Resourcing (SNR) Agency Updates

To register for this event, please select the workshop date:

Date: Thursday, March 27, 2025  
Time: 10 a.m. to 12 p.m.

Location: Region of Durham - Ontario Works Office  
200 John Street West, Suite C1A, Oshawa

Presented by: RFECY, CDBS and Grandview Kids



This Supervisors' Network session will offer information on the delivery of Special Needs Resourcing services from Resources for Exceptional Children and Youth, Children's Developmental and Behavioral Supports and the Grandview Preschool Outreach Program.

Each agency will share a description of services for licensed child care centres and include relevant program updates. Following a brief presentation from each agency, the group will come together for an open panel discussion. Lunch and networking opportunities will follow.





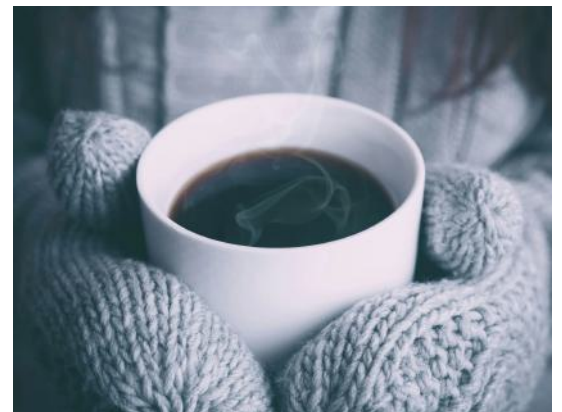
# QA Corner

Are you interested in enhancing your understanding of the Durham Region Operating Criteria (DROC)? You can attend the Intro to DROC sessions as often as you like! We guarantee you will learn something new every time, just as we always learn something new from you! Before you attend the Intro to DROC session, the online recording of [Foundations of DROC](#) must be viewed. This will provide you with an overview of the assessment process, an explanation of how to read and understand the Durham Region Operating Criteria, the role of the Quality and Compliance Contract Advisor (QA), and what to expect before, during and after an assessment. We look forward to building a better understanding with you. Remember your QA is available to answer questions any time, just call them or drop them an email.

Your QA will be asking what they can do to improve their approach, how they can improve their interactions with each team and how they can better support you. We appreciate your honest feedback, as it will guide us to serve you better.

When to reach out to your QA:

- If you have questions about the DROC or quality.
- If you need support with diversity, equity and inclusion.
- If you have a change of supervisor or room numbers.
- If there is a potential expulsion/eviction.
- Anytime via email or phone!



If you have any concerns or questions, please do not hesitate to contact Beth Carson, Program Manager, Early Learning Team at [beth.carson@durham.ca](mailto:beth.carson@durham.ca) or 905-431 3191.

## **Introduction to Durham Region Operating Criteria (DROC): Infant**

Offered by: Early Learning Quality Assurance Advisors, Durham Region  
Tuesday, January 14, 2025  
7 to 8:30 p.m.

## **Introduction to Durham Region Operating Criteria (DROC): Toddler**

Offered by: Early Learning Quality Assurance Advisors  
Thursday, February 13, 2025  
7 to 8:30 p.m.

## **Introduction to Durham Region Operating Criteria (DROC): Before and After**

Offered by: Early Learning Quality Assurance Advisors, Durham Region  
Thursday, February 20, 2025  
10 to 11:30 a.m.

## **Introduction to Durham Region Operating Criteria (DROC): Preschool**

Offered by: Early Learning Quality Assurance Advisors, Durham Region  
Thursday, March 6, 2025  
7 to 9 p.m.



# The Professional Resource Library for Durham's early learning and child care community

January to March 2025



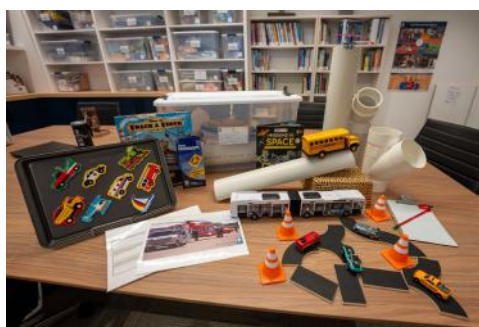
The Resource Library is open to the public by appointment between 9 a.m. and 7 p.m. on Wednesdays. Appointments are to be made with a minimum of one business day's notice.

Please contact Kim Timianis by email at [Kimberley.Timianis@durham.ca](mailto:Kimberley.Timianis@durham.ca) to make an appointment.

The Early Learning Team is pleased to announce that the new Resource Library is open! The new and improved space is ideal for teamwork, networking and producing materials to enhance your program.



The Resource Library has the following free resources available to the early learning community: large and small button maker, large and small heated laminator, die-cutter, binding machine, reading materials and resources, training materials, DVDs, etc. We also have a variety of inquiry kits available for loan to support programming. For more information about the kits we have available, please visit the [Resource Library flyer](#).



For a full list of kits available, please refer to the [Resource Library flyer](#).





# Formation en français

## Connexions Authentiques

Pour inscrire à cet événement, veuillez cliquer sur la date :

Date : Mardi 21 Janvier 2025

Heure : 19 h à 20 h 30

Rejoignez-nous pour découvrir des moyens d'établir et de maintenir des liens positifs avec les enfants par le biais de conversations et de jeux adaptés à leur développement.



## Série sur le développement de la petite enfance

Cette série d'ateliers en cinq parties vous offrira l'occasion de :

- Augmenter vos connaissances au sujet des étapes du développement des enfants.
- Vous aider à identifier l'équipement, le matériel et les adaptations qui soutiendront le développement des enfants.
- Découvrir les meilleures pratiques pour soutenir l'inclusion des enfants dans vos programmes.
- Accueillir des informations et des ressources pour vous aider à identifier des signaux d'alarmes concernant le développement des enfants.

Vous pouvez consulter les cinq formations ou y accéder individuellement :

1. Poupes
2. Bambins
3. Préscolaires
4. Maternelles / Jardins
5. Scolaires

Chaque formation durera environ 30 à 40 minutes.

Pour obtenir une version préenregistrée de ces ateliers, veuillez contacter, Christina Bilante, Superviseure de l'intégration de l'apprentissage précoce, Ressources pour les enfants et les jeunes exceptionnels par courriel à [cbilante@rfecydurham.com](mailto:cbilante@rfecydurham.com).

### ASD 101 - French

Offered by: Resources for Exceptional Children and Youth  
Tuesday, March 4, 2025  
7 to 8:30 p.m.

## Opportunités de formation autoguidée

Pour accéder aux ateliers et formations préenregistrés, veuillez sélectionner le lien vers le [site web de la région de Durham](#).

Thèmes des ateliers et formations :

Soyons créatifs – le processus de création artistique  
Réflexion sur la programmation - critères de poupons et préscolaires  
L'implémentation de Comment apprend-on? - Appartenance et bien-être et l'engagement and expression (deux parties)  
Quelles sont les possibilités? Réfléchir sur les programmes de poupons, bambins, préscolaires, avant et après l'école (quatre parties)







# Pre-recorded workshops - winter 2025

For more details on these pre-recorded workshops and to register, select the workshop below to be redirected to Visme or an Eventbrite registration page.

## **Introduction to Behaviour Management Prerequisite Learning Certificate**

Offered by: Children's  
Developmental and Behavioural Supports

## **Preventing the Storm - Online Learning**

Offered by: Children's  
Developmental and Behavioural Supports

## **Standing Up to Bullying**

Offered by: Children's Developmental and Behavioural  
Supports

## **Don't Bite Me - Understanding Biting in Child Care**

Offered by: Children's Developmental and Behavioural  
Supports

## **Respect in the Early Learning Workplace (Self-guided)**

Offered by: Durham Region Training Specialists

## **The Power of Reinforcement**

Offered by: Children's  
Developmental and Behavioural Supports

## **Frequent Flyers - Elopement Behaviour in Child Care**

Offered by: Children's  
Developmental and Behavioural Supports

## **They are my size.... what now? School-age Engagement**

Offered by: Children's  
Developmental and Behavioural Supports

## **Stay Calm and Make a Plan**

Offered by: Children's  
Developmental and Behavioural Supports

## **Why are you still awake? Please go to sleep!**

Offered by: Children's  
Developmental and Behavioural Supports

To access additional pre-recorded workshops, please select the link to the Region of Durham [website](#).

## **How to register for a pre-recorded workshop?**

1. Select the box displaying the workshop title.
2. You will be redirected to the Eventbrite registration link.
3. The selected workshop page will open.
4. Click on "Reserve a Spot" on the event dashboard page.
5. Complete the Contact Information and click "Register."
6. Complete the Ticket General Admission information .
7. You will receive the link to the event with the confirmation email.
8. Click on link from your email and enjoy the workshop!



# Virtual workshops - winter 2025

## How to register for a workshop?

Select the workshop below to be redirected to the Eventbrite registration link. A link to join the event will be emailed to you at least 24 hours in advance of the meeting's start time.

For more details on these workshops and to register, select the workshop below to be redirected to the Eventbrite registration page.

### Using Visuals in Child Care Centres

Offered by: Grandview Kids  
Saturday, January 11, 2025  
9 a.m. to 12 p.m.

### Stuttering in Young Children

Offered by: Grandview Kids  
Saturday, January 18, 2025  
9 a.m. to 12 p.m.

### ISPs Made Easy

Offered by: Resources for Exceptional Children and Youth  
Thursday, January 30, 2025  
7 to 8:30 p.m.

### Dual Language Learners

Offered by: Grandview Kids  
Tuesday, February 11, 2025  
6:30 to 8:30 p.m.

### Environment as a third teacher

Offered by: Durham Region Training Specialists  
Tuesday, February 25, 2025  
7 to 8:30 p.m.

### The Finer Details of Fine Motor

Offered by: Grandview Kids  
Wednesday, January 15, 2025  
6 to 8 p.m.

### Difficult Conversations

Offered by: Resources for Exceptional Children and Youth  
Thursday, January 23, 2025  
7 to 8:30 p.m.

### You can't make me: encouraging co-operation with children

Offered by: Children's Developmental and Behavioural Supports, Durham Region  
Monday, February 3, 2025  
7 to 8:30 p.m.

### Inclusive Physical Literacy

Offered by: Resources for Exceptional Children and Youth  
Wednesday, February 12, 2025  
7 to 8:30 p.m.

### Other virtual events

#### Page 3

- Black History Month

#### Page 4

- Confronting Islamophobia

#### Page 5

Trauma-informed Care Workshop Registration

#### Page 6

- Indigenous Awareness and Introductions to Kits

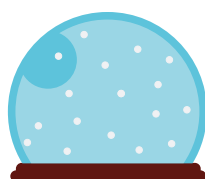
#### Page 16

- Virtual Lunch and Learn: ECE Leadership Certification Grant Program

- Durham Region Quality Measures for Home Child Care - Exploring the possibilities using the assessment.

#### Page 18

- Webinar: ECE Qualifications Upgrade Program and Leadership Grant Program





# In-person workshops - winter 2025

For more details on these workshops and to register, select the workshop below to be redirected to the Eventbrite registration page.

## Other in-person events

### Page 7

- EarlyON and additional information

### Page 8

- Supervisors' Network: Indigenous Awareness
- Supervisors' Network: Special Needs Resourcing (SNR)

### Page 11

- Connexions Authentiques

### Page 16

- Durham Region Early Learning Home Child Care Initiative

### Page 17

Save the dates

### "But I want it now!" Teaching children to tolerate being told "no" or having to wait

Offered by: Children's Developmental and Behavioural Supports, Durham Region

Location: Region of Durham Headquarters, Meeting room 1-A

Monday, January 27, 2025

6:30 to 8 p.m.



## In-person workshops - north Durham

### Supervisor's Network - Indigenous Awareness

Offered by: Early Learning Training Specialists, Durham Region

Thursday, March 6, 2025

Scugog Memorial Public Library

231 Water Street, Port Perry

10 a.m. to 3 p.m.

### Getting Back to Basics

Offered by: Children's Developmental and Behavioural Services, Durham Region

Thursday, March 27, 2025

Curiosity - Before and After School Care

320 Queen Street, Port Perry

7 p.m. to 8:30 p.m.

## Surveys and certificates

The Children's Services Division is piloting the use of a QR code for professional development feedback surveys and certificates. A QR code with a direct link to the feedback survey and event certificate will be shared with all participants at the end of training events, allowing attendees to print or save certificates directly to their personal devices. For any difficulties accessing the survey or certificate, please contact Jenn Titterton at [Jennifer.Titterton@durham.ca](mailto:Jennifer.Titterton@durham.ca) within one week following the event to request an electronic certificate.

## Cancellations

If you are unable to attend a session you registered for, it is important you cancel your ticket. You may cancel the session by selecting the "My Tickets" link located in the upper right corner in your confirmation email.







# News from the College of Early Childhood Educators

We are pleased to provide members with information and self-care guidance from Dr. Jean Clinton, a child psychiatrist, author and early childhood education supporter, to help provide context around the impact and importance of self-care and mental wellness in registered early childhood educators (RECEs) professional practice. In the videos linked below, Dr. Jean dives into the importance of self-care for RECEs and provides tips and tools in managing stressful environments.

## Self-care at Work with Dr. Jean Clinton

Dr. Jean Clinton shares wisdom, knowledge and tips for RECEs to support their own mental well-being.



## Brain at Work with Dr. Jean Clinton

Dr. Jean Clinton shares wisdom and knowledge to RECEs on identifying their own triggers, managing stress, and what they can do to have a healthy brain.



Please click on the link to access these videos and other wellness resources from the College of Early Childhood Educators: <https://www.college-ece.ca/members/wellness-resources/>

Nous sommes heureux de relayer les conseils de la Dre Jean Clinton, pédopsychiatre, auteure et défenseure des EPE, afin de contextualiser l'importance et l'influence des autosoins et du bien-être mental dans la pratique professionnelle des EPEI. Dans ces vidéos, la Dre Jean nous explique combien il est important pour les EPEI de prendre soin d'eux; elle y donne également des conseils et des outils pour gérer les environnements stressants.

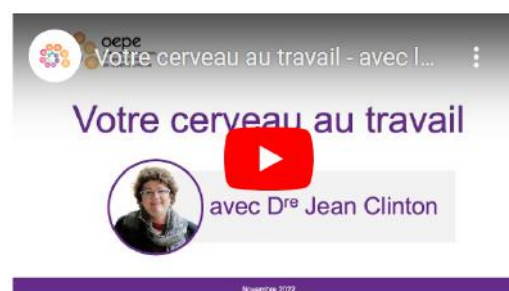
## Bien-être au travail – avec la Dre Jean Clinton

La Dre Jean Clinton nous fait part de sa sagesse et de ses connaissances et conseils pour les EPEI afin de favoriser leur propre bien-être mental.



## Le cerveau au travail – avec la Dre Jean Clinton

La Dre Jean Clinton nous fait part de sa sagesse et de ses connaissances en matière d'identification des déclencheurs, de gestion du stress et de santé du cerveau pour les EPEI.



Veuillez cliquer sur le lien pour accéder à ces vidéos et à d'autres ressources sur le bien-être de l'Ordre des éducatrices et des éducateurs de la petite enfance : <https://www.college-ece.ca/fr/membres/ressources-sur-le-bien-etre/>



# News and information

## Early Childhood Education and Leadership Grant Programs

Do you qualify for the Ontario Early Childhood Educator Qualification Upgrade Program?



Did you know Ontario offers employed RECE leadership education grants in eligible fields of study?

Educators with six months of past or current experience working within a formal early learning program, licensed child care, and unlicensed home child care environment may qualify for financial support for tuition, travel and associated costs to complete an Early Childhood Educator (ECE) diploma (full-time and part-time) at an approved Ontario College for Applied Arts and Technology.

Currently employed RECEs with at least two years of experience may qualify for leadership education grants to cover part-time tuition costs in an eligible field of study at a recognized Ontario College for Applied Arts and Technology.

Individuals who identify as Francophone, First Nation, Métis or Inuit are exempt from the required two years of experience if currently employed with an eligible agency.

Individuals who identify as Francophone, First Nation, Métis or Inuit are exempt from the required six months work experience if they have a minimum of one day of employment within an eligible agency.

Eligible fields of study include:

Visit ECE Grants – Education Grant for more information regarding eligibility, qualifying programs and how to apply.

- Pedagogical leadership in Early Childhood Education.
- Early Childhood Education administration and management.
- Facilities management.
- Financial management, responsibility and child care governance.
- Human resources, employment standards and labour relations.

## Home Child Care

Literacy enables children to communicate, express themselves and think critically. Try these literacy activities in your programs!

### I Spy posters or place mats

Create I Spy posters on paper or placemats based on children's interests and then play the I Spy game.



### What does your letter look like?

Provide some magnet letters and a variety of loose parts on mats for children to explore and create with.

### Writing Kits/Books in a Box

Make literacy portable by creating ready-to-go writing and bookmaking kits.

[Click to access more ideas for literacy activities.](#)

**Durham Region Quality Measures for Home Child Care - Exploring the possibilities using the assessment**

Offered by: Early Learning Quality Assurance  
Advisors, Durham Region  
Monday, January 28, 2025  
7 to 8:30 p.m.

**CANCELLED**

**Considerations for implementing the Quality Measures - Make and Take.**

Offered by: Early Learning Quality Assurance  
Advisors, Durham Region  
Wednesday, March 19, 2025  
6:30 to 9 p.m.

**Programming and routines for mixed age groups (Part 1)**

Offered by: Resources for Exceptional Children and Youth  
Wednesday, February 5, 2025  
Location: Virtual  
7 to 8:30 p.m.

**Programming and routines for mixed age groups (Part 2)**

Offered by: Resources for Exceptional Children and Youth  
Monday, March 24, 2025  
Location: 465 Westney Road South, Ajax, ON  
7 to 8:30 p.m.



# Leadership opportunity



**Mentoring Pairs  
for Child Care**  
*Powered by ECCDC*

We are excited to be offering **Cohort #2 Mentoring Pairs for Child Care** this winter. The workshop is aimed at helping supervisors in licensed child care settings enhance their leadership skills and become reflective practitioners, while increasing their professional knowledge and developing strategies for building strong relationships.

The following concepts are explored through the program: ethical and reflective practice, inclusion and equity, communication and connection, wellbeing, leadership, pedagogical practices, mentoring and facilitation practices, holistic view of the child, building family and community connections and relationships, early learning and child care administration, and issues and trends in Early Learning and Child Care.

This project will require a **6-8 hour per month commitment** commencing **April 2025 and running for a full year duration**. All Supervisors will need approval from their direct report.

Attend one the following virtual Mentoring Pairs Information Session to learn more:

To register for the information session, please select the date below, Zoom link to follow:

[Tuesday, January 28, 2025 from 7 to 8 p.m.](#)

[Thursday, February 6, 2025 from 12 p.m. to 1 p.m.](#)



If you have any questions, please email Janine Keith at [Janine.Keith@durham.ca](mailto:Janine.Keith@durham.ca).

## Save the dates

### Early Learning and Child Care Showcase 2025

Date: Saturday, April 12, 2025

Time: 9 a.m. to 1 p.m.

### Early Childhood Educator conference 2025

Date: Saturday, April 26, 2025

Time: TBA

### Conférence française sur l'apprentissage précoce 2025

Date: Jeudi, 29 mai, 2025

Heure: 18h a 21h

### North Durham conference 2025

Date: Thursday, June 5, 2025

Time: 6:30 p.m. to 9 p.m.

### Home Child Care conference 2025

Date: Saturday, June 14, 2025

Time: 9 a.m. to 3 p.m.







For more information, please contact:

Children's Services Division: [durham.ca/ChildrensServices](http://durham.ca/ChildrensServices)

Janine Keith: [Janine.Keith@durham.ca](mailto:Janine.Keith@durham.ca) or 905-668-4113 ext. 2755

If this information is required in an accessible format, please contact 1-800-387-0642