

# Community Connections

## – October 20



### Good Morning:

*Dear Amazing Person,*

*It's been too long since we told you this, but we love you. We appreciate you.*

*Times are tough right now and we know things sometimes look dark, but you are a beacon of light for others. The world needs what you're putting out there – laughter, love, kindness, compassion, and courage. It's going to get better – it already is in many ways. And, boy oh boy there is a ton to be thankful for right now. It can be hard to recognize all the good things, but they are there. You're one of them. Keep shining. The world is a better place because of you.*

*We just wanted to tell you that.*

**Karen & Sharon** & The Random Acts of Kindness Foundation <https://www.randomactsofkindness.org/>

*Please feel free to pass this information on to anyone who might be interested. You can find all of the past editions on Niagara Knowledge Exchange by [Clicking Here](#). Also, please let us know if there is anything you have found that has inspired you and we will share in future newsletters.*



Self-care is  
how you take  
your power  
back.

## Spotlight: Take Care of **YOURSELF** - You can't pour from an empty cup

Most of us have plenty of the warm fuzzy stuff to go around. We share it generously with friends, family members, partners, and pets, but when's the last time you took the time to extend that same compassion to yourself?

Try as you might, **you can't pour from an empty cup**. It's an old adage that rings truer than ever in our fast-paced world — and in order to be your happiest and healthiest self, you have to care for yourself first. Far from being selfish, self-care recharges your batteries, making it easier to share love and compassion with everyone else in your orbit. Win-win, right?

So, try it on for size: Banish negative self-talk, amp up the kindness, and refill that self-loving tank. [Click Here](#) to check out some tried-and-true self-care techniques to kickstart your practice from the Life is Good Foundation.

**Self-care tips during the COVID-19 pandemic:** The COVID-19 pandemic can feel overwhelming due to new information, long work hours, and caring for your family and yourself. It's important to pause for a moment and collect your thoughts, as worldwide pandemics can be taxing. Remaining calm can help. Taking care of yourself is important so you are equipped to help your family through this time. [Click Here](#) for more information from the Mayo Clinic

**College of ECE:** Are you feeling anxious? [Click Here](#) for tips from two mental health experts that can help

**Ordre des EPE:** Vous vous sentez anxieux? [Cliquez ici](#) pour obtenir les conseils de deux spécialistes en santé mentale qui peuvent vous aider

**Mental health tips and resources to help you cope:** Dr. Susan Abbey says “These are difficult times, and it is okay to feel stressed, we need to remember that. I think one important message that applies to everyone is – be kind to yourself”. [Click here](#) to check out her tips and resources to help you.

**Mind Your Mind:** With lots of changes happening around us, it's important to keep in mind the ways that we can take care of ourselves. [Click here](#) for tips and resources to help you manage the unique Covid-19 stressors.

**Self-Care Resources for health care workers during COVID-19:** Managing your own stress and anxiety during the pandemic is important for maintaining personal wellness and good mental health. [Click Here](#) for a list of provider self-care and distress management resources that will help support health care staff as you continue to work in stressful environments.

**Soins de soi Ressources destinées aux travailleurs de la santé:** Pour favoriser votre mieux-être et votre santé mentale pendant la pandémie, il est important de bien gérer votre propre stress et votre anxiété. [Cliquez ici](#) pour liste de ressources liées aux soins de soi et à la gestion de la détresse aidera les travailleurs de la santé au moment où ceux-ci continuent de travailler dans des milieux stressants.

**Self-help Booklet Series** is for people with intellectual disabilities and can be used with the support of family members, friends, staff, and health care professionals. [Click here](#) to download the booklets.

**Self Care Practices:** [Click Here](#) for Tiny Buddha’s simple self-care practices for a healthy mind, body, and soul

**Looking after our mental health:** there are lots of things that you can do to look after your own mental health and to help others who may need some extra support and care. [Click Here](#) for tips and advice.

## Check out these Locally Sourced resources and activities:

**Interested in a Bachelor of ECE Intern – Apply Now!** The Bachelor of Early Childhood Education program at Brock University is now accepting applications from organizations interested in hosting an Intern for the winter term. All of the details on this opportunity can be found on the website plus the Contact Form is there to complete if you are interested in hosting a BECE Intern – [click here](#) to learn more

**Free Books!** Although a May Niagara Book Distribution was not possible, there will be one taking place in November. The Book Distribution will be a little different than usual – less people per hour, masks required and social distancing but there will be lots of books to share! If you are interested in picking up brand new free books for the children and families that you work with, please send Karen an email [karen.schmidt@niagararegion.ca](mailto:karen.schmidt@niagararegion.ca) One note – the majority of books will be for tweens and young adults, there will be very few for early readers.

**Fall Family Fun** – The dark days of winter will be here soon so be sure to head outside and soak up as much sunshine and fall fun as possible. Need a little inspiration?

- [Click here](#) for Niagara’s Fall Fun Activities Checklist
- [Click here](#) for To Do Canada – Fall in Ontario
- [Click here](#) for A Child’s Life, Fall Fun Close to Home
- [Click here](#) for Today’s Parent’s 50 Must Do Fall Activities for Parents

## Activities and Supports for you, your clients and families:

**Todd Parr Activities:** Most kids (and their adults) have enjoyed reading Todd Parr books – from “This is My Hair” to “It’s Okay to be Different” his books provide a great message for all readers. [Click here](#) to will find activities, crafts and music to go with his books.

**Child-Friendly Ways to Address COVID-19:** [Click here](#) to watch the “child approved” YouTube video.



**Healthy Smiles:** Does your child need dental insurance? Healthy Smiles Ontario offers FREE dental services to those 17 years and younger. [Click here](#) to learn more today!

Healthy Smiles Ontario offers FREE routine and emergency dental services for eligible children and youth. [Click here](#) to apply and learn more.

**WHO teams up with Minions and Gru** to show how people can stay safe from COVID-19 [Click here](#) to watch the video.

**Travel the World – Virtually:** Our world is still pretty small, it is safer to stick close to home and remain in our bubbles but that doesn’t mean that we can’t travel virtually! GloboTreks has put together the top 45 virtual trips from around the world. [Click here](#) to virtually visit museums, national parks, landmarks and more.

**Pan American Health Organization:** [Click Here](#) for COVID-19 resources for parents and children.

**My Hero is You. How kids can fight COVID-19** This book was a project developed by the Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings (IASC MHPSS RG). Download a copy by [clicking here](#). Available in many languages. [Click Here](#) to download.

**Mon héroïne, c'est toi. Comment combattre le COVID-19 quand on est un enfant :** Ce livre était un projet du Groupe de référence du Comité permanent interorganisations (CPI) pour la santé mentale et le soutien psychosocial (SMSPS) dans les situations d'urgence. Téléchargez une copie en [cliquant ici](#). Disponible dans de nombreuses langues. [Cliquez ici](#) pour télécharger.

**ParticipACTION: Why getting active outside is key to your physical & mental wellbeing:** Given the uncertainties that the year 2020 brings us, we wanted to give the people of our beautiful country the opportunity to enjoy all the incredible benefits of physical activity, outdoor activity and activity with friends and family. [Click here](#) for more information on being active outside. [Click here](#) for ParticipACTION Blog

**ParticipACTION: Pourquoi être actif à l'extérieur est essentiel à votre bien-être physique et mental:** Chez ParticipACTION, nous sommes fiers d'un grand nombre de choses, et particulièrement de contribuer à garder les gens de tous âges et de toutes capacités heureux, en santé et actifs. [Cliquez ici](#) pour plus d'informations sur l'activité à l'extérieur. [Cliquez ici](#) pour Blogue ParticipACTION

**Healthy Parenting:** Working with parents, the World Health Organization brings you content to help open the world of isolation. [Click here](#) for resources and ideas to support parents and projects that will engage children in understanding the coronavirus, the challenges it brings to their world and what can be done to protect them.

**Go Noodle - Movement Powers Change:** GoNoodle engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available free at school, home, and everywhere kids are! To get Noodling, [click here](#)

**Random Acts of Kindness:** [Click Here](#) for resources to help teach children "Make Kindness the Norm"

**How to help children cope with stress during the COVID-19 pandemic?:** Children may also experience stress in crisis situations like the current COVID-19 pandemic. It is important to know how they may react and how to help. [Click Here](#) to watch a video that presents 5 tips that can help you care for their psychological and physical well-being.

## Stay up-to-date:

*COVID-19 cases are rising. It's up to all of us to get this second wave under control. So keep following public health rules - and while you're at it, use the COVID Alert app to protect yourself, your loved ones, and our front line workers*

- Justin Trudeau

**Going out safely during COVID-19:** Your actions matter. Make informed choices to keep yourself and others safe. [Click Here](#) or [Download in PDF format](#)

**Sortez en toute sécurité durant COVID-19:** Vos actions comptent – faites des choix éclairés pour assurer votre sécurité et celle des autres. [Cliquez ici](#) ou [Télécharger en format PDF](#)

**Niagara Region Public Health Daily Covid-19 Updates:** [Click Here](#)

**Niagara Region Community Resources:** *is working with the community to ensure residents are connected to resources, services, programs and support during the COVID-19 pandemic.* [Click Here](#)

**Ontario Government Covid-19 Update Page:** [Click Here](#) *(this site has the information available in many other languages)*

**Mise à jour Covid-19 du gouvernement de l'Ontario:** [Cliquez ici](#)

**Health Canada Covid-19 Update Page:** [Click here](#)

**Gouvernement du Canada - Maladie à coronavirus (COVID-19):** [Cliquez ici](#)

# LIFE IS ALL ABOUT BALANCE

You don't **always** need to be getting stuff done. Sometimes it's **perfectly okay**, and **absolutely necessary**, to shut down, kick back, and *do nothing*

- LORI DESCHENE



*We would like to apologize if you received multiple copies of this email. We are trying to reach out to as many early years educators and staff as possible. Please share with all of your staff, clients, families or anyone who is not on this email list.*

**Take Care and Stay Healthy**

***Karen & Sharon***

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# Be COVID Wise



**W**ear a mask/face covering



**I**solate yourself when sick and get tested



**S**tay 2 metres apart from others



**E**xercise proper hand hygiene