

# APRIL 2021

This newsletter is written by Crisli Oldfield Lindsay as part of The Mentoring Project—a collaboration between LDABC The Learning Curve, Victoria Childcare Resource and Referral and Fernwood NRG Child Care. Our focus is on providing the conditions for optimal growth for the children in your care.

## Honouring the Challenges

I'd like to acknowledge that collectively we have been navigating the changes and challenges associated with COVID-19 for over one year now. The experiences of prolonged uncertainty, separation from loved ones, and heightened levels of alarm in the air have all had an impact on our emotional systems. We are *all* to varying degrees feeling more frustrated, more unsafe, and more apprehensive. There are moments of more disappointment, more grief, and more loneliness. As we continue to adapt to the circumstances we cannot change, may we find compassion for ourselves, for our children, and for all those we are in contact with. May we come alongside these vulnerable emotions and find the courage to feel them fully.

## April Invitation

When stress and alarm are high in adults, children by default face more separation. If you are seeing more hitting or biting, an increase in scattered attention, or more difficulty falling asleep at nap time, know that a sense of disconnection is at the root.

Rather than ramping up any kind of 'behaviour management' approaches (which are disconnection-based), this month's invitation is to **step boldly into the lead as a child's answer**. An answer to what they are seeking, fervently, in the adults they are dependent upon. What do all children seek? To trust in you. To orient toward you. To follow and look up to you. To express their needs to. To be held onto.

Placing your focus on **being their answer** in each moment must now take precedence

over any lesson teaching, any skill learning, or any expectation for acting 'socially appropriate.'

Our Growing Edge: the emotionally driven behaviours children present will stir us up. They will evoke frustration and alarm in us at times. In these moments, I encourage you to Stop. Pause. And collect yourself up **before** you move in to care for them.

\*Regulated adults regulate children\* It is our own internal state that is the greatest indicator of our ability to show up for our young ones in the way they **need**.

You are in a powerful position of influence. To harness this power, may you "read the need, and take the lead" (Dr. Gordon Neufeld).

*"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom"*

*-Viktor Frankl*

**For ongoing personal and professional support contact Crisli at [outreach@ldasvi.bc.ca](mailto:outreach@ldasvi.bc.ca)**



## CONTINUE LEARNING

Click for further info!

[-Article by Dr. Gordon Neufeld on 'Taking Care of Children in Alarming Times'](#)

[-Short video by Dr. Vanessa Lapointe on 'disciplining someone else's child'](#)

[-CCRR Workshop: 'Heart Matters: What to do with a Child's Feelings' by Deborah MacNamara](#)

[-CCRR Workshop: 'Burnout Prevention and Self-Care for Child Care Providers' by Shannon Gander](#)

