

FEBRUARY 2021

This newsletter is written by Cristi Oldfield Lindsay as part of The Mentoring Project—a collaboration between 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.

Hello and big thanks!

An extension of gratitude to Chivonne Graff with the Early Childhood Pedagogy Network (ECPN) who facilitated a Professional Development session this month for Fernwood NRG Child Care Providers around the concept of *slowing down*. The session included a wonderful invitation to share with one another about our ancestral connections, on which Indigenous lands we were born and currently reside, and our answer to the question “**how do you hope to influence children and their families?**” I appreciated the opportunity to learn more about each individual’s connections to people and place, as well as their values, passions, and purpose as Educators.

February Invitation

As a way to continue the exploration of slowing down, this month’s invitation is to *find a pace that allows for enjoyment*. To push the pause button repeatedly throughout your day so that you can gather moments of truly **being with** one another. To create enough space for you to embody your intentions for being there.

Slow enough to hear the laughter of a child across the room.

Slow enough to see the twinkle in a child’s eyes when they see mom or dad at the end of the day.

Slow enough to listen. . . *really listen* . . . to the “underlying message that is unspoken” (Denise Findlay- see article link below).

Many of us have an understandable tendency to keep busy, always rushing... to fill our time with tasks, to continuously move

our focus to the next thing. Since there is a reason for every behaviour, this too serves a purpose. I invite you to ask what that might be for you. For some, the purpose is to distract or to control their environment. Living at a faster pace minimizes the noise of our thoughts. Going hurriedly through our day minimizes the awareness of how we’re feeling.

We all know intuitively that it is in our **being with** a child that they experience safety. It is in your presence, your attunement, that they experience being significant. It is in your prioritizing the connection with them that they experience rest. And it is in the rest that you provide that they’re able to grow.

Rather than believing the thought “there’s not enough time,” I invite you to consider how you’d like to spend **this moment now**. Make space to enjoy the remarkable beings that you’ve chosen to care for. And find a pace that allows *them* to enjoy *you*.

“Adopt the pace of nature. Her secret is patience”

-Ralph Waldo Emerson

*For ongoing personal and professional support contact
Cristi Oldfield Lindsay at
outreach@ldasvi.bc.ca*



CONTINUE LEARNING

Click for further info!

[-Article by Denise Findlay on Deep Listening](#)

[-Short video on Why Children Need Rest by Dr. Gordon Neufeld](#)

[-An interview with Robin Wall Kimmerer \(discussed during Pro-D with Chivonne\)](#)

