

# JANUARY 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 based on sound developmental science.

## Welcome Back!

This past holiday season likely looked and felt different for many of you. Some may not have been able to gather with loved ones, experience well-adored tradition, or travel home as you had planned. Some may have found much needed rest and are returning feeling refreshed and energized. For others, a lull in busyness can evoke waves of agitation or restlessness that can lead to feeling even more fatigued. For all the experiences that you had, and are coming back with, may we make room. May we kindly notice, acknowledge, and find acceptance for how we feel *in this moment*.

There was much to be grateful for over the holiday, and much to be grieved as well. As a reminder of the intimate relationship between these two sensations I recall the words of William Blake: “Joy and woe are woven fine . . .” (*Auguries of Innocence*, 1863).

## January Invitation

Many feel compelled to establish resolutions at the onset of a new year. If this process works for you, wonderful! However, many resolutions tend to be largely outcome-based and contain a strong attachment to *form* i.e. a goal to do or not do something. They often focus on behaviour and lead to an experience of guilt and/or shame when we fall short of our expectation or the resolution eventually falls to the wayside altogether.

This year, I invite you to shift into the practice of setting **intentions** rather than resolutions, on a **continual** basis. This will allow you to become more purposeful in your work, gentle with yourself through the process of growth, and invites a feeling of agency in how you show up. An intention involves how we wish to *be* rather than *do*. It is about the direction we *desire* to grow in,

and contains the *values* that we yearn to embody. When you notice you're not in alignment with your intentions, the practice is to re-set, re-affirm, and re-commit. Continuously.

One of my intentions for this new season is to see **behind** (or underneath) every child's behaviour. Rather than get stuck on the form (the outer appearance) I intend to see the emotion that is *moving* the child. I wish to see, understand, and make room for their instincts and impulses - first. And to remember that beneath it all, that they have **a good heart**, no matter what they say, think, or do. If this resonates, I invite you to join me in setting this intention!

*“Children learn about  
their emotional world  
from the adults who  
guide them there”*

*-Dr. Deborah  
MacNamara*

**For ongoing personal and  
professional support contact  
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## CONTINUE LEARNING

Click for further info!

- [Article by Hannah Beach on ‘seeing’ behind behavior](#)
- [Short video overview of Gordon Neufeld’s Roots of Attachment](#)
- [Page 73 of the Early Learning Framework: Critically Reflective Questions on Pathways for Engaging with Well-Being and Belonging](#)

