

MARCH 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.

Spring is in the air!

This month marks another seasonal change from which we are reminded of Nature's ongoing process of growth. In springtime we see the budding emergence that follows winter's rest. We see the effortless rejuvenation that stems from the right mixture of sunshine and rain, of temperature and longer light.

Often with our tightly scheduled lives and our year-round routines, we can forget how much of that natural rhythm we are a part of. How the same laws of Nature govern our potential for continuous growth through seasons of both restful dormancy and wonderous expansion.

Like the acorn that turns into a mighty oak, our children have within them all the elements to flourish when provided with optimal conditions. When we remember this **wisdom**, we can begin to work *with* Nature rather than against it. Growth takes time - it cannot be rushed. And when we **trust** in the unfolding, true transformation takes place.

March Invitation

Following Nature's cue, this month's invitation is to **find reverence for all of the 'seasons'** involved in a child's process of maturation. To allow and make room for the moments of boredom, the eruptions of frustration, the waves of sadness, the expansion of venturing forth.

The emotions underneath each 'season' are **designed to grow us up**. Each one has a purpose and each must be expressed in order to do it's best work. Rather than something to be managed, Nature's design dictates that our emotions be fully **felt** in order to experience optimal growth.

And what is your role in this dance? To have patience with each and every emotion, to read them accurately and BE their answer, to embrace and treasure them.

In order to reach the season where a child can relate to another, they must **first** build a relationship with their own feelings.

In order to reach the season where a child comes to know their internal world, we must **first** build a relationship with their emotions.

We cannot skip Nature's order. Instead, may we follow it's cues, trust in it's wisdom, and stand in awe of it's beauty – as embodied in our children.

*"Nature's intelligence
functions with
effortless ease and
abandoned
carefreeness"*

-Deepak Chopra

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



CONTINUE LEARNING

Click for further info!

[-Article by Elana Strobinsky on the 'Miracle of Growth'](#)

[-Short video on 'Helping Children Grow Up' \(preview of a Neufeld Institute course\).](#)

[-CCRR Workshop: 'Rest, Play, Grow: Helping Young Children Flourish' by Dr. Deborah MacNamara \(No cost!\)](#)

[-CCRR Workshop: 'Exploring Professionalism, Advocacy and Qualities of Professional Educators' by Ana Valle Rivera](#)

