

MAY 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.

Creating a Village

Debbie and I have enjoyed the first two sessions with our Alpha Course cohort so far! Gathering together in a group of child care providers, parents, professionals, and volunteers reminded me of the powerful commonalities that we, as the children's important adults, share. I can see our deep desire to help them flourish. I can feel our commitment to being on their side. And I can sense the willingness to remember that *we are their best bet*.

If you or a parent you know was interested in joining the course, please contact me (see email below). I have provided a short preview in the Continue Learning section for your viewing!

May Invitation

This month's invitation is to **reflect on our thoughts and experiences of dependence and independence**.

As a culture, we've become reticent to allow our children to *deeply rest in their dependent state*. We've forgotten the significance and developmental purpose of childhood as being a time to generously receive care. It's within this kind of relational exchange that children become generous and caring adults later in life. Paradoxically, it is when one's dependency needs have been met, that *true* independence buds forth - naturally, spontaneously, and from a healthy place.

Being dependent on another is a vulnerable position to be in. We all know this to be true, yet sometimes forget. As adults, we often find difficulty in asking for help, in admitting

we're unsure, or afraid, or hurt.

Our thoughts and experiences of dependency do affect the energy from which we embody our Alpha Provider now. If it was not safe for us to lean in, we will not always be a safe place to lean upon. If we have judgements on ourselves as 'weak' or 'faltering' or 'broken' when needing help or when feeling strongly, our tendencies may not always invite children to *deeply rest* in their natural state.

When we soften toward dependence- see the vulnerability associated with needing another for care- we are better able to provide a safe place for our children's hearts. And *this* experience of relationship is what feels fulfilling for all involved.

"We liberate children not by making them work for our love but by letting them rest in it"

-Dr. Gordon Neufeld

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



CONTINUE LEARNING

Click for further info!

[-Article by Dr. Deborah MacNamara on 'Children in the Lead'](#)

[-Short video overview of Dr. Gordon Neufeld's Alpha Course](#)

[-Short video on 'Growing from Complete Dependence' by Maggie Dent & Dr. Vanessa Lapointe](#)

