

Dealing with change: providing security by holding space



Welcome to 2023 and our first blog for the year.

At Flinders a new year brings about thoughts of new possibilities, exciting opportunities, and hopes and dreams for what may come; however, it is also a time of change. In January, we welcome new children and families to our community, and we transition continuing children and educators to new Houses. Although we have the stability of looping at Flinders, with many children staying together with the same group of peers and educators, times of change and transition can be difficult. Like moving house, many people in our community are the same and resources are familiar, however we are navigating a new space together.

Often, we as humans, don't like these periods and can feel uncomfortable during times of change. We don't like feelings of sadness, disappointment, frustration, or anger. However, at Flinders we acknowledge we all have these feelings, these emotions are not wrong. So, what does this mean for the children of Flinders? It means we acknowledge that this time of change can be tricky. We listen and we hold space. Holding space means we validate feelings. We accept them and we do our best to understand them. We do not ignore them or try to distract them from feeling that way. Madga Gerber reminds us to remember that "crying is a baby (or Toddler or Preschooler's) language – it is a way to express pain, anger, and sadness. Acknowledge the emotions your baby is expressing. Let him know he has communicated". At Flinders you may see children who are upset during these first few weeks; however, you will also see educators with them during these moments holding space. We are here to provide support and comfort as we transition together. Our programs focus on developing relationships and supporting children to develop a strong sense of belonging.

We ask you to join us in acknowledging your child's feelings, holding space and being patient. Next week we will share ways that we are actively nurturing and strengthening relationships. In the meantime, we encourage you to keep the lines of communication open between your family and the Assistant Director in your House. You can call, email, check in at drop offs and pickups, or make an appointment. We look forward to your partnership in your child's education and care. Happy New Year!

Madga Gerber (2003) Dear Parent – Caring for Infants with Respect (2nd Edition)

