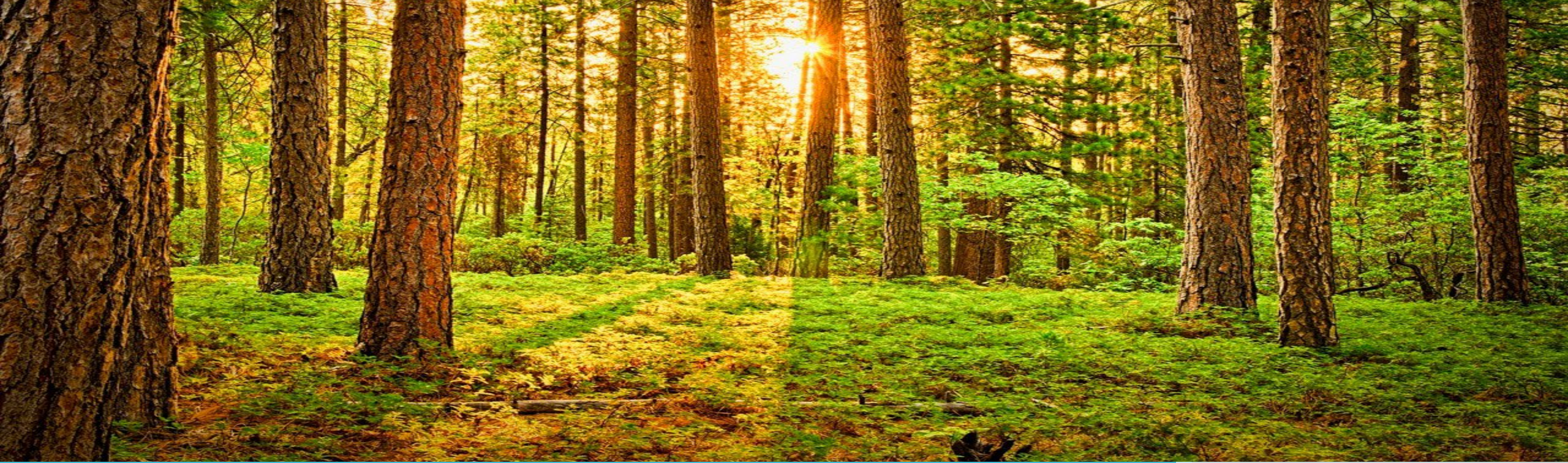


# Welcome to conversations on Leadership and Administration in Child Care



# Acknowledgement of land





Hear from an Elder


<https://youtu.be/7h1bHheuloc>

## Gathering Intentions

- Come as you are; BE yourself and use your **voice**
- **Listen** to what is being shared and what is missing
- **Notice** where YOU find yourself pausing and want to know more.
- Be curious
- Challenge the idea not the person
- Be willing to **unlearn** and **relearn** current thinking – EVEN if you experience discomfort
- Come prepared having done the **work**, to **do the work**, to **grow**
-

## A quick revisit of last session

- How has your work with families been?
- Any new practices you have tried?
- Anything else.

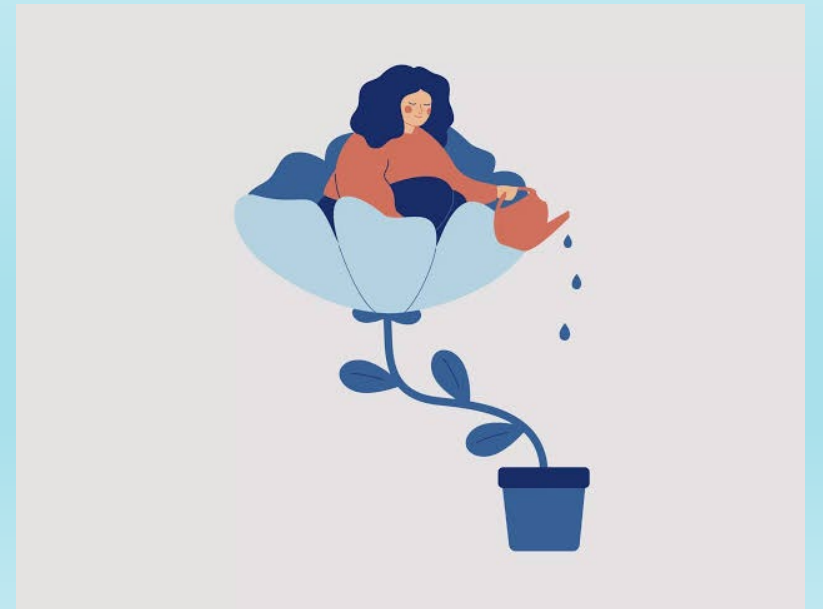
A serene beach scene with waves crashing onto the shore. The foreground shows golden sand, and the background features blue waves with white foam. The text is overlaid on the left side of the image.

*We recognise the basic  
fundamental rule that in  
order to care for others, we  
must also have our own  
care needs met.*

*Carol Garboden Murray  
Illuminating Care*

# Self Care

- Tricky topic for women in caring professions
- My story
- Take care of yourself tonight



# The Utility Sink - a metaphor

“How do we feel when we stand at the sink? When we mop up spilled paint? Change a child's soiled clothes?

How do we care with open hearts without losing ourselves?

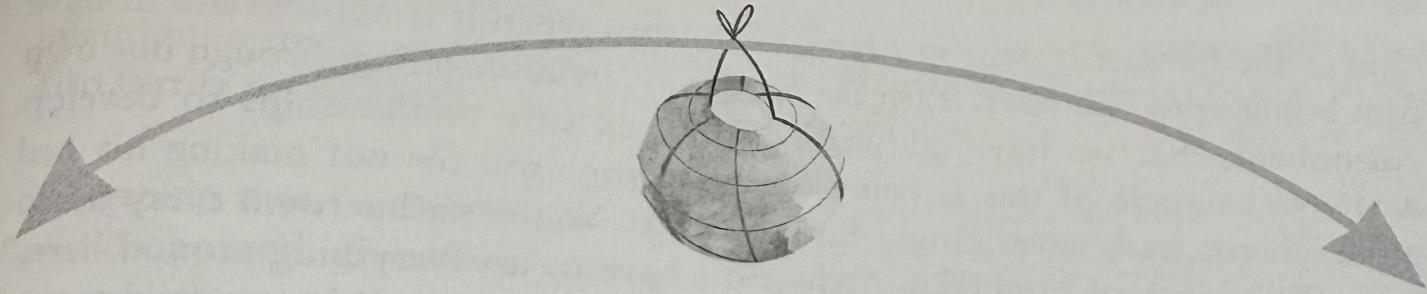


# Balance

“Balanced care is a subtle, ever-shifting place ....  
Balanced care is self-care”

pg 315





### **Under-care**

Creates frustration,  
neediness or isolation

Other feels  
abandoned

May stem from our  
fear of care, our own  
lack of care, or our  
beliefs about care as  
weakness

### **Balanced care**

Nurtures the other  
towards growth and  
independence

We scaffold care to  
fit the learning needs  
of the other

Our self knowledge  
about tendencies and  
experiences with care  
helps us find balance

### **Over-care**

Creates helplessness  
and dependency

Other feels  
smothered

May stem from our  
need to be needed  
and our over-  
identification  
as caregiver

# Balance

Doing  
or  
Being?



### Teacher Dew (Do!)

- I move quickly and efficiently
- I am required to do many things
- I have eyes in the back of my head
- I see the big picture
- I hold the needs of the whole group
- I am organized, prepared, efficient
- I am a classroom manager
- I give directions and commands
- I can anticipate what needs to be done next
- I am busy

### Teacher Bea (Be!)

- I slow down and move at the child's pace
- I am intentional
- I see what is in front of me
- I see the individual
- I am present for children and not thinking of past or future
- I listen carefully and talk less
- I focus on relationships not lessons

# The power of affirmation

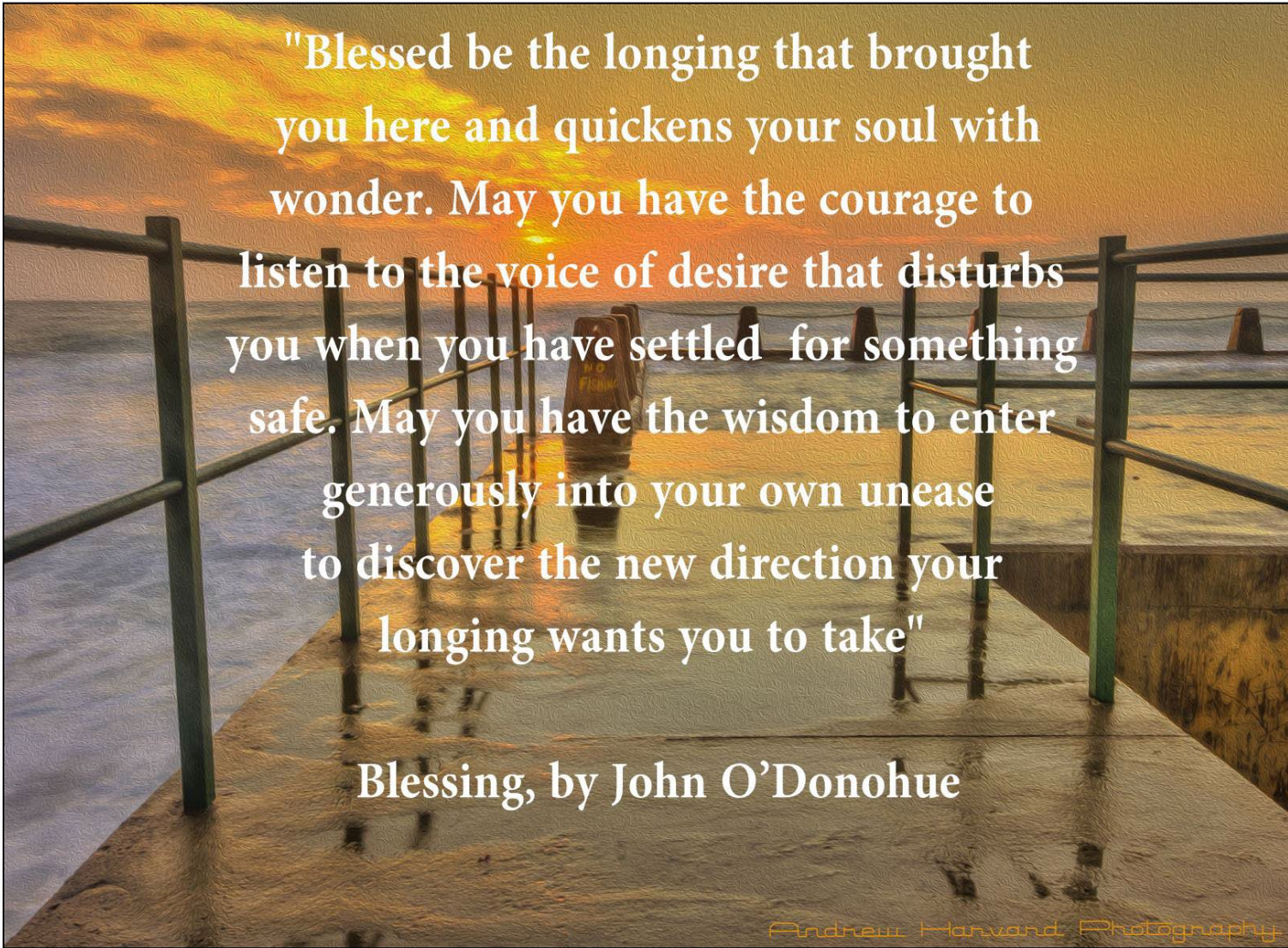


- Words have power
- Words matter
- Words are a gift
- Words outlast feelings
- Words don't have to be perfect



***"May all of us teach young children with a belief that we are worthy of care, and with a conviction that we are the caring adults our children need and deserve"***

*Carol Garboden Murray  
Illuminating Care*



"Blessed be the longing that brought  
you here and quickens your soul with  
wonder. May you have the courage to  
listen to the voice of desire that disturbs  
you when you have settled for something  
safe. May you have the wisdom to enter  
generously into your own unease  
to discover the new direction your  
longing wants you to take"

Blessing, by John O'Donohue

Andrew Harvard Photography

# Offerings for further thinking and reflection

- [nbyres@richmondchildcare.org](mailto:nbyres@richmondchildcare.org) for any dialogue or resources

I'll hang out here if you have any specific situations you want to dialogue about (I'll stop the recording so privacy is maintained)