

Caregiver Chronicle

14 Ways To Keep Childlike Wonder Alive In Adulthood



Remember the days when everything was mysterious and strange and absolutely incredible? You trusted people. You were awed by snow and coloring and fireworks and riding your bike outside. It was the little things that were incredible to you. You lived to enjoy yourself and immerse yourself in these little wonders. You weren't jaded just yet— but if you were, you still had faith. You didn't have expectations— they were imposed on you eventually. Actually, the world imposed itself on you. You grew up and became aware, through experience, of how brutal reality can be. And that kind of experience are the lessons that stick, and the reality you begin to believe in once you've seen it. You were desensitized to the things that once brought you joy, because you were taught that they were little, insignificant, pretend.

But everything is pretend. This is just a ride. This is not forever. Regaining that sense of wonder is not about returning to an oblivious, dependent state. It's

applying said concepts to your adult life. Let yourself be awed by the little things in your grown up life. Keep the faith. Learn to trust again. Don't allow yourself to be desensitized to the world around you. Just because things happen everyday does not mean they are any less miraculous.

You can't unlearn what you've learned, nor can you un-see what you know to be true of the

world, nor should you. But dwelling on the mundane is what depletes wonder – and considering anything to be mundane will do so as well. You can watch your old favorite movies, eat your old favorite snacks and do the things you used to love in search of that same sense of wonder, but even if you find it, it will pass. For this particular kind of rediscovery, you have to change your state of mind.

Use what you've learned to garner your fascination. Understand how incredible our universe is. Think about how things are predestined or beautifully by chance. Fascinate yourself with what you're passionate about. Be fascinated that you can be fascinated. Be glad. Be grateful. Be proud of yourself. Give yourself a metaphorical gold star when you accomplish something. Do not let the fire burn out of your soul. Things fade when you let them. All you have to do is look up and let it overcome you.

~Brianna West, Thought Catalog

<http://tcat.tc/1b8zBTc>

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Capturing the Wonder of Childhood

By: CATHERINE QUINN

A day in the life of an early year's educator can be fun, interesting and full of playfulness. It is commonly heard from educators that they love working with children because no two days are ever the same. Children are spontaneous, unpredictable and full of curiosity. We, as adults, need to find our place in this - focusing on the importance of this 'childhood' and documenting it in a meaningful way for us, the children's families and community but most importantly for the children themselves.

Learning stories can be at the heart of your work and when the process of putting them together becomes a familiar task it can, in fact, lighten your load. In this blog I look at snippets from some of Early Childhood Irelands winning stories showing it really does just take a little bit of refocusing, alongside a passion for wanting to truly know the children in your care to get into this space of documentation.

I can't emphasize enough the power of tuning in to children's words. Capturing their words and actions throughout the day can become routine and will mean that the body of all your documentation is done! A pen and small notebook in one pocket and a camera in the other means you are always ready... A colleague once told me that it's the moments when one of the educators return to the room and you say 'you missed it' and you continue to tell them what happened - these are the moments that offer us an insight into who the child really is. These are the stories that tell us a lot more than a tick the box observation ever will and it showcases Aistear and Síolta [Irish national curriculum and quality frameworks] in a way that's true to each individual child.

For example...in the story 'Rosie Cheeks and Alex go to the eye Doctor' we see that Alex comes to preschool with his new eye patch on. His shyness at wearing an eye patch was noticed by the educators who recognised Alex's body language when he first came in.

This was followed by Rosie Cheeks, the class teddy suddenly having a sore eye, which meant she too had to go to the opticians and get an eye patch – just like Alex. The connection created



between Alex and Rosie Cheeks meant that Alex became more confident and comfortable with his own perceived difference. Following this Alex says, "it was fun when I went to the eye Doctor and I wasn't scared at all". This story is a real example of inclusive practice. We also see educators who are in tune with children, recognising their challenges, documenting what happened and going with the children's experiences. Take a look at Darcie from the story 'Independent lady' - we might wonder how to meaningfully document the learning of an 18 month old, whose language is still developing. Although children's words are powerful, it doesn't mean that stories without words are not possible.

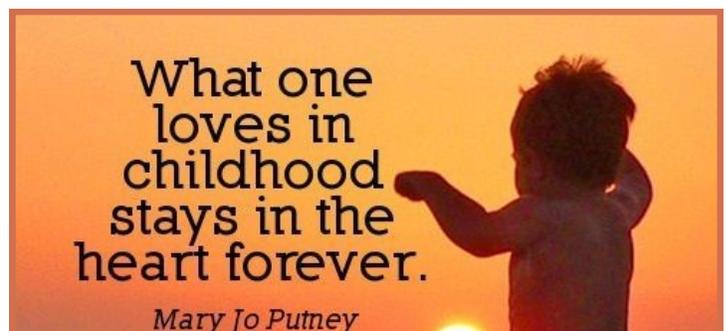
As the educator writes "you took a large piece of play dough and you pulled it apart you, noticed it got bigger as it stretched out in front of you. This was not what you had intended, you looked puzzled for a number of seconds. This led to you solving your own problem..."

The educator in this case is completely in tune with Darcie. She reads her body language, understands how Darcie is problem solving in all that she is doing and she respectfully trusts her in her task. This style of writing 'to' the child or children in learning stories is especially useful and personal.

As early years' educators, in the midst of the busyness try to take a step back. 'Be with' the children, get to know them and celebrate them. This is what documentation should be and what tells us a lot about the children's interests and competencies. Click here to take a look at all our wonderful learning stories.

So, keep that pen, paper and camera to hand to capture rich portraits from children's words, photos and experiences. See how this impacts on how you feel and connect with your daily practice.

<https://www.earlychildhoodireland.ie/blog/capturing-wonder-childhood/>



Developmental Delays in Young Children

All children develop at different rates. However, there are some general guidelines called developmental milestones that help parents and professionals better determine if infants and toddlers may be experiencing delays in their development.

For full details go to:

<http://helpmegrowmn.org/HMG/HelpfulRes/Articles/DevDelay/index.html>



Did you miss the last deadline for Parent Aware?
Sign up now to start your path to higher quality beginning in January!



- ☆ Get free coaching and technical assistance to help you reach your Star goal
- ☆ Receive \$1000 in quality improvement supports with a Building Quality grant
- ☆ Receive \$2500 in quality improvement supports with a Parent Aware grant when you receive a 1-, 2-, or 3-Star Rating
- ☆ Receive higher child care assistance rates with a 3- or 4-Star Rating
- ☆ Become eligible to accept Early Learning Scholarships



Contact Annette at aborman@accap.org or 763-783-4711 to get an application.

If you are in need of interpreter services to participate in Parent Aware, please contact Doreen Jackson at djackson@accap.org or 763-783-4891.

Update Your Email Address and Win a Prize!

Send us your email address and license number. Then each month, we will add your name to a drawing for a prize! **Please email aborman@accap.org for a chance to win. Good luck!**

Also, please send your email address to Annette if you would like to receive this newsletter by email each month or if your email address has changed.



This month's winner:

Did You Know?

Do you have a question and are not sure whom to ask?

Try CICC's "Ask an Expert" feature on their website at <https://www.inclusivechildcare.org/>. They will do their best to respond to your questions within 24 hours Monday through Friday and as soon as possible for those submitted on weekends and holidays. They specialize in questions regarding health & safety, inclusion of children with special needs and/or challenging behaviors and infants & toddlers. Even if your question does not relate to these topics, they will do their best to locate resources to help find an answer.

All you have to do is ASK!

Mark your calendars and plan on attending our Early Childhood Professional Learning Communities!



Join us in September for a Professional Learning Community with Tom Copeland!

Tom will be speaking about Contracts and Policies, and will have his books available for sale as well.

Don't know who Tom Copeland is? He is the nation's leading expert on the business of family child care, and you don't want to miss an opportunity to hear him share his wisdom and expertise.

Space is limited!

September 11, 2018

Blaine Human Service Center

You **MUST**
RSVP by September 7th

September 20, 2018

Peace of Mind

You **MUST**
RSVP by September 17th

Please RSVP to Annette Borman at aborman@accap.org or 763-783-4711

We have some great topics coming up and would love to see you there to participate in the conversations with our guest speakers!

Looking Forward:

| TOPIC | Anoka County Date | Washington County Date |
|--|--|---|
| Tour a Family Child Care Outdoor Environment—Kim Mueller | October 9, 2018 Kim Mueller's home | |
| Gardening & Cooking with Kids Dana Ellingson | November 13, 2018 Blaine Human Service Center | November 15, 2018 Peace of Mind |
| Sensory and Calming Activities | December 11, 2018 Blaine Human Service Center | December 13, 2018 (2nd Thursday) Peace of Mind |
| Powerful Interactions Jonathan Fribley <i>Receive a copy of the book "Powerful Interactions" (while supplies last)</i> | February 12, 2019 Blaine Human Service Center | February 21, 2019 Peace of Mind |

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1201 89th Ave NE
Blaine MN 55434

Peace of Mind Early Education Center
9025 Tamarack Rd
Woodbury, MN 55125

Kim Mueller's Home
2362 132nd Ave NW
Coon Rapids MN 55448

If you will need an interpreter, you must make your request 7 business days prior to each event

Participants will receive a letter to confirm attendance at a Learning Community

Building Quality participants may count attendance as coaching hours