

winter rethink 2020

7 MAR 2020

the time that connects us all

EFFECTIVE SETTLEMENT
FOR NEWCOMER CHILDREN & FAMILIES
 LUSO COMMUNITY SERVICES

RELATIONSHIPS & ACCEPTANCE: BELONGING IN OUR INFANT ROOM

HOLLY BROWN, MARIELA GARNICA, HUSSEIN GHONEM, ANNETTE ZAVITZ, REE, SHARON BLACKBURN, REE

ZENABE & NOH
 AFRAID - COMFORTABLE → 6mo

CULTIVATE TRUST, GET TO KNOW PARENTS & CULTURE

AYLA & SHAD
 UPSET - HAPPY → 1mo

PATIENCE, PLAYING WITH OTHERS, BONDING

WE'RE GOING TO EMBRACE THE RIBIDULOUSNESS THAT IS LIFE

GET TO THE OTHER SIDE WITHOUT JUDGMENT

IS THIS ENERGY YOURS OR MINE?

DISCOMFORT

EMPOWERED → EMPATHY → MIND → 3 BREATHS

SHIFT FOCUS

SUFFERING = (PAIN) (RESISTANCE) → INEVITABLE CHOICE

HEALING = (PAIN) × (COMPASSION) CHOICE

CULTIVATING HERE IN LIFE

WHAT ARE SOME CHALLENGES? WHAT ARE SOME SOLUTIONS?

LANGUAGE BARRIERS

KIDS
 ○ LANGUAGE RICH ENVIRONMENTS ○ MIRRORING
 ○ BOOKS ○ CONSISTENCY ○ HONOUR VOICE

ADULTS
 ○ BODY LANGUAGE ○ BROKER ○ INTERPRETER

TYPES OF NEWCOMERS IN CANADA

ECONOMIC REFUGEE FAMILY OTHER

TABLE CONVO

INCLUSION, DON'T JUDGE THE TIME, MAKE THE EFFORT TO CONNECT, BE AWARE OF FEAR, FIND THE COMMONALITY

laLa wellness

THE STORY OF TWO BELIEFS, FEED BOTH PROPERLY, YOUR BRAIN

WHAT GETS IN THE WAY?

STORIES, WHETHER YOU THINK YOU CAN OR THINK YOU CAN'T, YOU'RE RIGHT. -HENRY FORD

YOUR LIMITING BELIEFS ARE LIKELY TO APPEAR IN YOUR IMMEDIATE THOUGHTS

AM I SAFE? AM I LOVED? WHAT CAN I LEARN?

THE OPPOSITION

HEALING = (PAIN) × (COMPASSION) CHOICE

THE DANGER OF A SINGLE STORY

STEREOTYPES ARE INCOMPLETE

ENCOURAGE CULTURAL PRESERVATION

BUILD A SUPPORT NETWORK

THE SETTLEMENT CURVE: INITIAL, INTEGRATED, REFER TO APPROPRIATE SERVICES

this must be the place

WATCH YOUR WORDS: THE POWER OF SELF TALK

LISA CLARKE

LIMITING BELIEFS NEED TO BE:
 ○ HEARD ○ ACKNOWLEDGED ○ CARED FOR

SIT ON YOUR BELIEFS AND SAY:
 I SEE YOU
 I HEAR YOU
 I'M HERE FOR YOU
 I LOVE YOU

IS IT TIME TO GET RID OF THE BELIEFS?

EMOTIONAL FREEDOM TECHNIQUE A.K.A. TAPPING

WHAT DOES BELONGING LOOK/SOUND/SMELL/FEEL/TASTE LIKE?

○ HUGS ○ FRUITFUL ○ SAFETY
 ○ FAMILY ○ WARMTH ○ FLOWERS ○ SWEET
 ○ SOFT ○ VANILLA ○ HOME ○ LAUGHTER

I'M SORRY PLEASE FORGIVE ME THANK YOU I LOVE YOU

MENTAL HEALTH & ISOLATION

AND PHYSICAL ACCESS AND EXPECTATIONS

WHAT NOW?

LEARN NAMES, USE PICTURES, INTERNATIONAL STUDENTS, SIMPLE SUPPORT, HOW TO APPROACH? 5 YRS.

WHERE TO BEGIN WITH BELONGING

HOW CAN BELONGING BE ACTS OF SOLIDARITY?

TAMMY JOHNSON

SHIFT BYSTANDER → ALLY

WHO DO WE GET TO **become** WHEN WE ARE **seen** AND EAGER TO **appear**?

WHY HAVEN'T THE EVOLVING DOCUMENT EVOLVED? WHAT LENSES DO WE NEED TO APPLY?

WHY SHOULD I MAKE IT HOPEFUL?

HOW STRESSED ARE YOU? 1 5 10

EVEN THOUGH I HAVE A LOT TO FEEL STRESSED ABOUT, I DEEPLY AND COMPLETELY LOVE MYSELF

WHAT DO I NOT KNOW?

GATHER ALL RELATIONS IN CIRCLE: PAST, PRESENT, FUTURE

I AM CAPABLE
 ↳ NON-DOMINANT HAND ↳ SELF CARE CAN FEEL LIKE THIS

I BELONG HERE
 THE LIGHT IN ME SHINES TO THE LIGHT IN YOU.

YOU HAVE SENSORY CUES NOW FOR BELONGING

HOW DOES LEARNING HAPPEN? ONTARIO'S FIRST NATION, METS, INUIT... 42

COLONIALISM DOES NOT SPARK JOY

WHERE TO LOOK? TRC, STORIES, YELLOWHEAD INSTITUTE, INDIGENOUS ARTISTS.

PHYSICAL EMOTION MENTAL SPIRIT

TABLE CONVERSATIONS:

WHAT DOES IT MEAN FOR THE DOCUMENT TO BE FOR EVERYONE?

@striveswo #winterrethink2020

Strive Leading Inspired Learning

@itsemmarichard