

2023 REFLECTIONS AND CELEBRATIONS

BY ERICA KOOPMANS, LISA PROVENCHER, LANCE POTSKIN, & CAROLINE SANDERS

The start of the new year creates space for reflection and celebration. As a team, we wanted to share some of our highlights of collaboration in 2023.

Winter 2023

- Collaborated with Dr. Matt Carwana to include northern BC in a Vancouver Foundation Grant focused on facilitating equitable access to early childhood care and education spaces
- Met with Revelstoke early years leaders to learn from their experience using Early Development Instrument Data to advocate for the early years

Spring 2023

- Co-hosted a [webinar with the Human Early Learning Partnership](#) in May

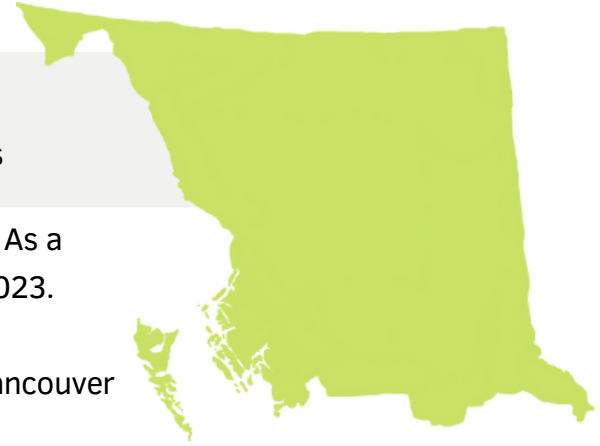
Summer 2023

- Met with [Nurturing the Seed Infant Mental Health Program](#) and Prince George Native Friendship Centre to learn how they are partnering to bring this approach to northern BC

Fall 2023

- Shared our [commitments to reconciliation with Indigenous Peoples](#)
- Participated in a World Cafe at the Northern Aboriginal Early Child Development Conference
- Presented about the SEED network at the Public Health Association of BC Child Youth Mental Wellness event in October
- Attended in-person planning in November for the Vancouver Foundation Project with community partner Marian Ells from Houston Link to Learning
- Presented a poster on the [SEED Network at the Children's Healthcare Canada Conference in December](#)

We also want to share that this month, our co-lead, Dr. Caroline Sanders, officially joined the Human Early Learning Partnership (HELP) based at the University of British Columbia as an affiliate faculty member. We look forward to continuing to build our relationship with the HELP team, as we foster new opportunities to engage in collaborative early years work and provide a voice for northern, rural, and remote contexts in wider early years work happening across the province. [You can read the full announcement on the HELP website.](#)



NEWSLETTER HIGHLIGHTS

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COPING WITH THE WINTER SEASON AND BIG EMOTIONS

BY MELANY POTSKIN

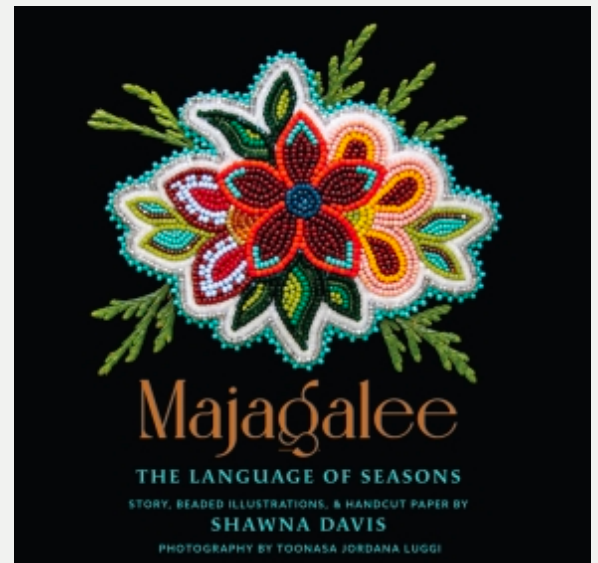


As the excitement of the holidays dissipates and cold, shorter days continue, children can experience lethargy, low mood, difficulty concentrating, and tantrums. Adults, too can experience these same emotions during this time of year. It can be so challenging to navigate parenting when your emotions and your child/ children's emotions are also all over the place. Added to this can be shame and guilt when your child displays socially unacceptable behaviours in public. Your reaction may be to leave, to scold them for their outbursts, and maybe to avoid socializing. However, it is important to send the message to our children that no matter what they are feeling, it is normal and accepted. Tantrums are merely a cry out for help to organize feelings. Validate these feelings, let them know you recognize what they are experiencing: "You are sad, you are angry..." When we validate them, we allow them the space and time to feel what they are feeling, and they know you are there to be with them even through those hard emotions.

CELEBRATING THE LANGUAGE OF SEASONS

We are excited to highlight Shawna Davis' new book *Majagalee*

"Majagalee is my debut book, and I'm appreciative of all the support it has received. I am a mother of two and currently reside in my homelands of the Northwest Coast of British Columbia after living away for over two decades. I am Eagle clan, hailing from Wilp Sakum Higookxw of the Gitksan Nation. I am grateful for the opportunity to share pieces of our teachings as Sim Algax speaking peoples, and snapshots of our connection to the lands we still call home." - Shawna Davis



Majagalee can be ordered directly from the [publisher at MckellarMartin.com](http://MckellarMartin.com) or can be a request order from your local bookstore.

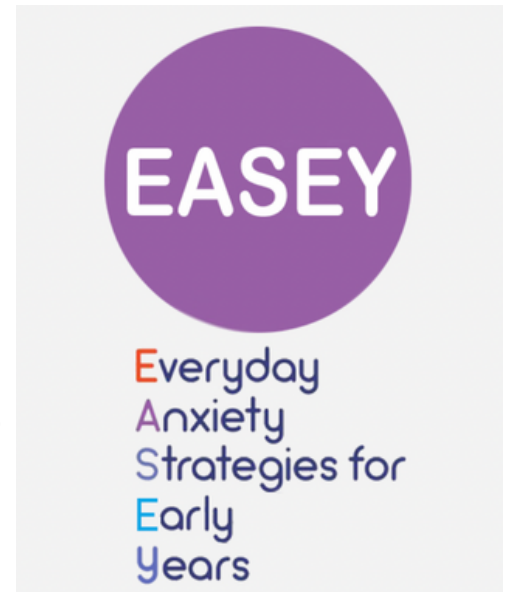
LEARNING AND ENGAGEMENT OPPORTUNITIES

EVERYDAY ANXIETY STRATEGIES FOR EARLY YEARS

Everyday Anxiety Strategies for Early Years (EASEY) is an online course and collection of resources that provides BC early years professionals with practical and evidence-informed information and strategies to strengthen their capacity to support families with children ages 0–6 experiencing every day (mild to moderate) anxiety.

In this course, learners will complete interactive activities, learn ways to incorporate EASEY strategies in daily practice and hear BC early years professionals share their wisdom and experiences with anxiety.

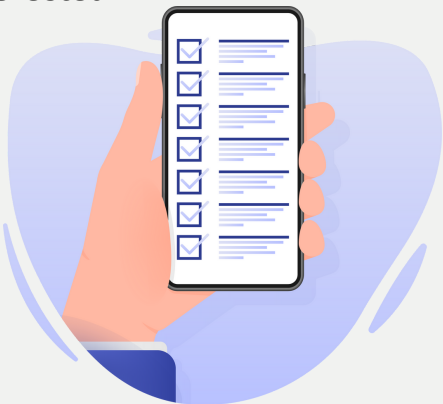
[CLICK HERE](#) to learn more.



PARENT RESOURCES FOR EARLY CHILDHOOD IN BC

Perinatal Services BC and Child Health BC want to learn about parents' and caregivers' experiences with existing resources for pregnancy and parenting in BC.

Complete the [survey online](#) or [click here to share the linked poster](#) with any families who may be interested.



TENDING TO TRAUMA

THERAPEUTIC SUPPORTS & INTERVENTIONS FOR CHILDREN & YOUTH

MAY 2-3, 2024 PRINCE GEORGE, BC

Join counsellors, therapists and mental health professionals for two days of professional development to support children and youth who have experienced trauma. The primary goal of this conference is for participants to walk away with knowledge and skills they can implement immediately into their practice and tend to the trauma experienced by the children and youth accessing them for support.

[CLICK HERE](#) to learn more.

If you have news, stories, resources or opportunities to share in future newsletters please send an email to seed@unbc.ca