

## WINTER NEWSLETTER \* 2018

[View as Webpage for the best layout!](#)

### Warm Winter Greetings from Cynthia



*Dear Friend,*

*I am so grateful for our theme of Living and Embracing Joy! Be inspired by the wonderful articles. Some are like joy tutorials and others are heart-lifting stories of finding joy after significant and challenging life changes. Thank you Marguerite, Kerry, Pamela and Michaeleen. Your stories always move me.*

*We also are privileged to share an article by John Bloom who is the current General Secretary of the Anthroposophical Society. Being acquaintances with John over many years, my experience is that he is brilliant in his leadership and research skills and also one who warmly brings levity and humor to his work – an inspiring example of how joy keeps our purpose warm and our intelligence aglow.*

*Claiming joy, digging for it if we must, and finding it sometimes in the most surprising places, is life affirming, truly holy fire. If you are like me, you realize that joy often arises out of quiet, simple moments. When you recognize them, place them deep into your heart's consciousness. Truly you can draw them out and feel the joy again. Another somewhat unexpected way that Michael and I have found as a pathway to joy is...*

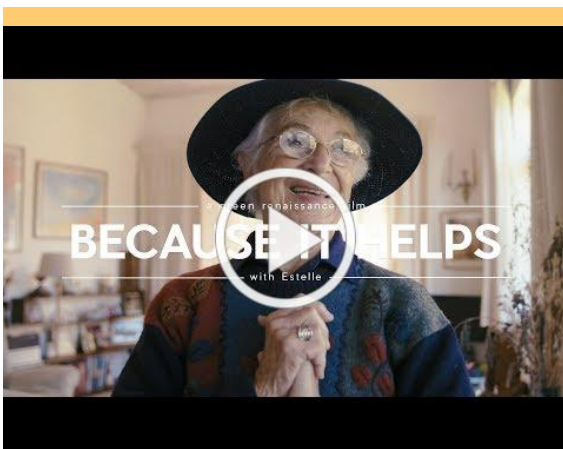
[READ CYNTHIA'S ENTIRE LETTER HERE](#)

WINTER THEME:  
LIVING & EMBRACING JOY!



Erica Flanigan, a graduate of the LifeWays Training in Portland, shares a joyful moment with children.

*In the videos below you'll meet Estelle Bryer, a long-time kindergarten teacher, who now brings JOY to elders.*



CONTRIBUTIONS  
FROM THE LIFEWAYS COMMUNITY

***I Know What JOY Feels Like!***





*Joy is the essence of early childhood, and I have the great fortune of swimming in it three full days a week with nine three- to five-year olds and 70+ grandmas and grandpas in an assisted living facility.*

*As I was thinking about this topic, I realized that I know what joy feels like but defining it with words is not so easy for me. I looked up the definition online..."a feeling of great pleasure and happiness." That is an adequate definition, but joy can be so much more than that. Here are some synonyms: delight, treat, thrill,*

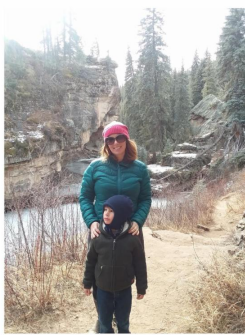
*jubilation, triumph, exultation, rejoicing, gladness, glee, exhilaration, exuberance, elation, euphoria, bliss, ecstasy, rapture, and joie de vivre. They say the native peoples of the North have many words for snow (which is simplistic and not fully accurate), but maybe we caregivers need many many words for joy. Joy/happiness is different from joy/thrill or joy/rapture! And, what about joy experienced alone versus ...?*

[READ MORE](#)

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## **Sharing Your Joy with Your Children**

by Kerry Ingram



*Years ago in my LifeWays training, Cynthia Aldinger asked our class, "What brings you joy, and are you making time for those things?" The question feels simple enough at first glance, but as so many parents and caregivers have experienced, sometimes those joy-filled activities are at the bottom of the to-do list. I'll be honest, there have been times in our family that have felt like a joy drought. That feeling of depletion always sets off my alarm that it's time to tap into what brings me joy and to share that with ...*

[READ MORE](#)

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## **The Joy of Home Nurturing, and the Nurturing Joy in One's "Inner Home"** by Pamela Perkins



*Whenever I think about my five granddaughters, all born between Michaelmas and Easter, I smile with deep contentment and fulfillment. Who would have thought that I would have the priceless opportunity to relive the wonders of birth and babyhood, to share in those daily, seemingly moment-to-moment miraculous transformations as four of them have evolved into healthy young girls, now emerging into adolescence? To my delight, on a frosty February morning last year, I attended the birth of a fifth*

*baby girl. The quiet wonder and awe unfold once again; it is both an outer and an inner journey into ...*

[READ MORE](#)

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## ***Joy in a Life Foreclosed***

by Michaelleen Hinca



*Our family, our farm, our lifestyle seemed to be right out of a Little House novel. Our lovely wood home, on the edge of the creek, gave us so much more than shelter. The sprawling landscape provided endless days of tree-climbing, frog-finding fun for the children in the summer and rolling hills to sled down in the long Wisconsin winters.*

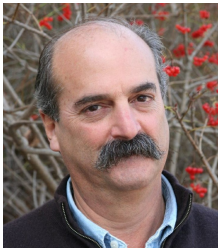
*Inside on any given day there would be bread baking in the oven and school lessons being worked out on the kitchen table. The collie-mix dog dutifully protected the flocks of ducks and chickens as well as ...*

[READ MORE](#)

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## ***Thoughts on Joy***

by John Bloom, Vice President, Organizational Culture at RSF Social Finance



*A short walk from where I work there is a bridge from which I can witness a miracle of nature—the tidal flow between fresh spring water and salty ocean water. The direction of the movement is quite clear at rising tide. But there is a transitional moment at the turn of tide in which the laminar flow turns chaotic, an indication of directional change. As an observer, it is an opportune, powerful, and absorbing process that is both specific to place and time, and yet has all the feel of something deeper and archetypal. I can see and participate in...*

[READ MORE](#)

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## ***Life Flows On at Spindlewood***

*After 30 years as a Waldorf Kindergarten in Lincolnville, Maine, I listed my Kinder Cottage with Airbnb last year! Jack and I are continually surprised by JOY as families and*





*couples find us and are delighted to step into the enchanted world of early childhood. We have hosted families from all over the world, and have been so enriched by meeting them. Parents and children settle into imaginative play, simple living, and visits to the sheep and chickens in the barnyard.*

*My LifeWays training brought me an increased awareness of*

*the vitality created by cleaning and caring for a space. It's a joy to keep the cottage ready as a sanctuary for world-weary travelers.*

*We would love to meet you and host you for a LifeWays Retreat!*

[View Spindlewood Kinder Cottage's AirBnB listing HERE](#)

Susan Silverio has been a LifeWays training director and lead teacher since 2006.



## ***Honeycomb Kids, Richmond, VT***



by Ellen Kraft

*When I live with the attitude of gratitude, joy is more easily accessed. Honeycomb Kids is moving into its 10<sup>th</sup> year, and just became a LifeWays representative program! The fun thing about Honeycomb Kids is that every year it has a slightly different flavor and vibe, but the*

*foundational underpinnings are always the same- give children and their families a safe place to grow and explore, and be surrounded by adults who are joyful! Children thrive in this home-like setting when they feel comfortable, not rushed to grow up, and feel inspired by the smiling adults and peers around them.*

[READ MORE](#)



*Meet Ellen Kraft and Honeycomb Kids  
above in the interview and below in pictures!*



LifeWays North America warmly  
welcomes Ellen Kraft and **Honeycomb  
Kids** as a new Representative Site!



**Open new opportunities** - both professionally and personally - in the fields of early childhood, parent education and after-school care. Or enrich your life as a parent!

Our **one-year**, part-time curriculum includes **over 200 onsite hours**, with independent study and **personal mentoring** between sessions. It can prepare you to **open or transform your own in-home program**, classroom or early childhood center. **Many parents also enroll to deepen family life.**

Join us in **WI in April**, or **OK in August**.  
There is **STILL TIME** to save with early registration.





### Milwaukee, Wisconsin

April 20-27, 2018 (April 20th is evening only)  
August 4-10, 2018  
September 29 – October 5, 2018  
February 2-9, 2019

[Register by March 17, 2018](#) and **save \$225!**

Contact: Dorothy Kulke, Student Services Director, 414-334-1407  
[DorothyK@LifeWaysNorthAmerica.org](mailto:DorothyK@LifeWaysNorthAmerica.org)



### Norman, Oklahoma

August 3 -11, 2018 (August 3 is evening only)  
October 11 -14, 2018  
March 16 – 23, 2019  
June 1 – 8, 2019

[Register by June 20, 2018](#) and **save \$225**

Contact: Shanah Ahmadi, Student Services Director, 405-412-3583  
[shanaha@lifewaysnorthamerica.org](mailto:shanaha@lifewaysnorthamerica.org)



### Discipline with Loving Awareness

Our first online course on discipline with Cynthia Aldinger!

May 2 – June 2, 2018

[Registration](#) includes the audio download of Cynthia's lecture, "The L.O.V.E Approach to Discipline."

15 CEUs

**\$150**



### The Living Arts

Cornerstones of Care for the Young Child (birth – six) and for Yourself with Cynthia Aldinger and Mary O'Connell

May 30- June 30, 2018

[Registration](#) includes *The Living Arts Journal* for your exploration of the concepts

15 CEUs



### **Creating Your Family Culture An Elemental Approach**

New LifeWays Online Course by Mary O'Connell for parents of children from birth to 21.

The course uses the four elements of earth, water, air and fire as a starting point from which to create your own positive family culture based on your values.

Ongoing - [ENROLL any time!](#)

**\$40**



### **Creating Home Away from Home:**

A Course for Home Childcare Providers

This on-demand, at-your-own-pace, online course will help you open your own early childhood program at home providing relationship-based care steeped in LifeWays Principles.

25 CEUs

Ongoing - [ENROLL anytime!](#)

**\$99** for the online course, OR **\$199** for the online course AND three (3) hours of private consulting (phone or video conference) with Mary O'Connell to assist you with your unique childcare business needs.



## ***Developing Therapeutic Deepening in our Work with Young Children-Cultivating Heart Wisdom in the Teacher***

Coming to Kimberton, PA:

An amazing four-day course for early childhood teachers with **Laurie Clark!**

**June 26-29, 2018**

8:30 - 4:30





Kimberton Waldorf School, Kimberton, PA

### **To Enkindle the Soul of Another- A format for Child Observation and Contemplation**

To enkindle warm interest for a child creates enthusiasm for their very existence. We will explore a format designed for Early Childhood teachers that deepens and enhances our capacities to understand the contemporary children in our care. We will gain a widened perspective of the child through reflecting on

their movements, behaviors and their revealing drawings as well as other aspects that guide us to a healing response.

### **Adventures in Circle time as Therapeutic Modality**

Circle time with young children provides the teacher with a great opportunity for intervention using therapeutic measures. We will practice circle adventures and discuss the various aspects of hygienic possibilities as well as explore the observations of movements we see the children do in our care.

**COST:** \$495 includes snacks, lunches and all supplies.

**REGISTER HERE** and pay online, or [contact Michael Aldinger](#) to arrange a payment plan.



Coming to Westport, Connecticut:

### **The Living Arts Workshop**

with LifeWays President and  
Training Director,  
**Mary O'Connell**

A hands-on, spirit-lifting workshop on  
The Living Arts: social, creative,  
domestic & nurturing

Friday, **April 13**, 6:30-8:30 p.m.  
"Gathering the Good with the  
Living Arts"  
and  
Saturday, **April 14**,  
9:00 a.m.- 3:00 p.m. "Living Arts  
Workshop"



Coming to Boulder, Colorado:

### **Puppetry, Storytelling and Language Development**

with director of the LifeWays Early  
Childhood Training in Boulder, CO;  
**Suzanne Down**

Enchant your child-or the children in  
your care-by learning to make  
needle-felted puppets and ways to  
bring simple lap or table puppetry to  
the young child.

**May 5**, 9 am - 6 pm  
and  
**May 6**, 9 - 12:30 pm

**Contact:** Vicky Sloat, 203-232-5450

**Cost:** Friday evening only: **\$10**  
Friday and Saturday: **\$75** includes  
lunch and snacks(bring a friend and  
SAVE!)

[REGISTER NOW!](#)

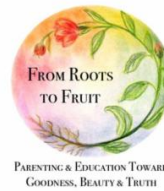
**Contact:** Kerry Francis,  
303-709-5174

**Cost:** **\$225** includes supplies, snacks  
and lunches;  
(\$**60** for LifeWays graduates)

\*\*\*included in tuition for students in  
the Boulder LifeWays training\*\*\*

[REGISTRATION OPENS SOON!](#)

*One-Day Conference*  
***FROM ROOTS TO FRUIT***  
*with Mary O'Connell in WI*



Would you like to learn more about  
how you can help children grow  
into resilient, confident, kind and  
optimistic people who will thrive in  
our ever-changing world?

LifeWays North America is  
sponsoring a one day community education  
conference to guide you on your way. For parents,  
caregivers and educators of children from infancy  
through adolescence and young adulthood.

**Prairie Hill Waldorf School, Pewaukee, WI**

**\* March 3, 2018 \* 8:00am ~ 4:30pm \***

## resources

### *Books on JOY from the LifeWays bookstore:*

**Create a life that you - and the children in  
your life - both love!**

- Imagine a life where your toddler(s) or preschooler(s)  
is happy to do what you ask, and is able to move on,  
easily, when disappointed.
- 
- Imagine getting all of your housework done while  
your child plays, or happily helps alongside you.
-





Imagine truly enjoying your time with your child, and creating a life that feels fulfilling for both of you.

[FIND IT IN THE LIFEWAYS BOOKSTORE.](#)

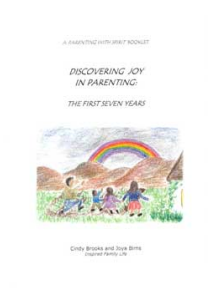
## JOYFUL Toddlers & Preschoolers

Create a Life that You and  
Your Child Both Love

FAITH COLLINS



## *Discovering Joy in Parenting: The First Seven Years*



This valuable book for parents can increase your **joy** and ease with your children. The authors are able to bring an understanding of child development based on the insights of Rudolf Steiner to questions of how to set boundaries and adapt communication skills to meet the unique consciousness of the young child...

[FIND IT IN THE BOOKSTORE](#)

### Create a Personal Joy List

Joy is both a need and a feeling. Many of us, myself included, need to consciously focus on what brings us joy in order to experience more of it in our lives. I found that a daily practice of adding to my Joy List stimulates and sensitizes my “joy sensors”. Try it and see if it works for you!

Take a few moments each day to think of something you’ve seen, heard, or imagined that brings you joy or tickles you, pleases you, and/or elicits a smile from you when you remember it. Create your Personal Joy List by writing down one item each day for the next thirty days. Reread your entire list each day as you add to it. If you find that rereading the list lifts your spirits, feel free to add that to your list as well.

“Create a Personal Joy List” by Arlene Brownell in  
*Non-Adversarial Communication: Speaking and Listening from the Heart* (p. 178)



# KINDLING



The Journal for Steiner Waldorf  
Early Childhood Care and Education

ISSUE 33 Spring/Summer 2018

THEME: Sleep

Published twice yearly in the UK in printed format only,  
KINDLING (Journal for Steiner Waldorf Early Childhood)  
contains themed articles, songs, stories, crafts, research,  
health, book reviews, and more...

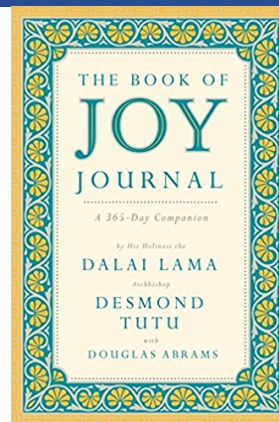
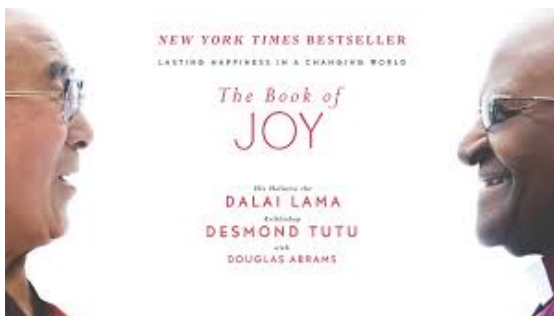
It is of interest to anyone concerned with the young child  
and Steiner Waldorf early childhood education and care.

We post all over the world!

Please email us for further information.  
Email: [earlyyearsnews@aol.com](mailto:earlyyearsnews@aol.com) (one 'y')

## *The Book of Joy & Journal*

*(click the picture to go to the Amazon listing)*







The joy of children in and with their environment must therefore be counted among the forces that build and shape the physical organs. They need teachers who look and act with happiness and, most of all, with honest, unaffected love. Such a love that streams, as it were, with warmth through the physical environment of the children may be said to literally “hatch out” the forms of the physical organs.

RUDOLF STEINER, Education of the Child

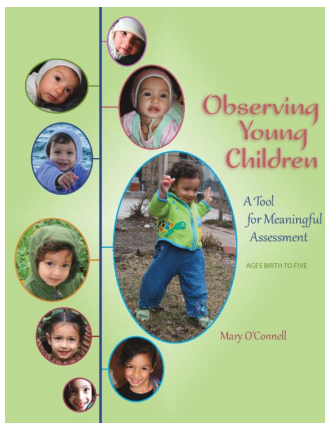
# COMING SOON...

(SO EXCITING!)

## ***Observing Young Children*** ***A Tool for Meaningful Assessment***

For use with children 0-5 Years

by Mary O'Connell



***Observing Young Children*** is a stunning, full-color book with lots of photos as examples of the archetypal development of the young child.

At last, a research-based tool for meaningful developmental assessment based on the whole child. This tool is specifically tailored for use by early childhood teachers and care providers who embrace and honor the spirit of the developing child, as found in Waldorf education and other child-centered models of care and education.

***Observing Young Children*** is an open-ended assessment tool that you can tailor to your own needs.

***Observing Young Children*** offers a system of meaningful observation, a tool for recording observations, and research-based timelines for 33 areas of child development across five domains (Social/Emotional, Physical, Cognitive, Language and Approach to Learning).

**Teachers and caregivers**, use this tool to record observations of children in your care, help to determine where children may need extra support, prepare for parent-teacher conferences, or simply to use as a reference.

**Parents**, use this tool to follow the timeline of your child's development and provide just the right support for your child's emerging skills.

**This assessment tool has been state approved and used by our LifeWays Milwaukee colleagues since 2015!**

Watch for the announcement when ***Observing Young Children*** becomes available in [the LifeWays store](#).

*LifeWays is re-purposing the blog, and we think you are going to LOVE it!*



**Sign up -- it's FREE! - Don't miss a single weekly post!**

#### **LIVING ARTS WEEKLY-**

##### **Practical, Nurturing, Creative and Social Arts for Daily Life**

is a weekly blog post that will be delivered right to your email inbox, providing you with inspiration, ideas, reflections and thought-provoking information that you can use right away to bring **more joy** and purpose to your daily life.

##### **Our community members have asked for this and we listened!**

The first Living Arts Weekly post will come out **Sunday, March 11th**. Make sure you are on the list by subscribing today!

##### **Did we mention it's FREE??**

If you sign up to receive Living Arts Weekly by Sunday, March 11th, **you'll be entered into a drawing to win** a copy of ***Observing Young Children***, LifeWays' newest book, as soon as it is hot off the presses!

##### **[Sign up today!](#)**

(Don't worry if you are already a LifeWays blog subscriber -- your name will be entered into the drawing, too!)



# RECIPES



Share some sweet some JOY!

## **Almond Thumbprints with Chia Jam**

submitted by Kerry Ingram of  
[Mothering Arts](#)

When I asked my good friend Linda if she could make a grain free, sugar free, gluten free, dairy free goodie for our Mothering Arts circle ...

[READ MORE \(AND GET THE RECIPE!\)](#)

*Transform your life with young children!*

Support your LifeWays Community ~ Donate today

Did you read the AUTUMN Newsletter?

Contact Us Today

Visit Our Website

See what's happening on our social sites:

