

May 2018: Lessons to Adults from Young People

May gives us several opportunities to honor and recognize people who are important in the lives of children. From National Teacher Appreciation Day to National School Nurses Day to Child Care Provider Day and Mother's Day, there are many who deserve appreciation for shaping our children. So please take a moment to recognize those important people in our children's lives.

It is not just adults that shape the lives of others. See below for a few lessons from our youngest mentors.

Sometimes you need to remember you're a fluffy cloud and share that compassion with others.

Allowing yourself to be vulnerable will help you make friends. Scientists¹ say one of the things that facilitates the formation of friendships is an environment that encourages people to open up to each other. Because kids are generally more willing to self-disclose than adults (in any environment), they form close relationships quickly.

Katrina Hale shared the following:

My son Elliot (age 5) and I flew home to spend a few days with Grandma...on the plane, we were seated next to an 18-year-old guy who had never flown before and he asked us to hold his hand because he was scared. Elliott spent the entire flight checking on him, telling him not to be scared, this part is a little fast, but you can do it, etc. So right before we landed, Elliott whispered to the kid "When I get scared, I say to myself 'I'm a fluffy cloud. I'm a fluffy cloud.' You should try that, it might help."

On our way off the plane, we learn that this kid is part of a large group of kids being shipped off at that very moment to their very first day of Navy boot camp... so on the way out of the jet bridge, I heard our new friend saying 'I'm a fluffy cloud. I'm a fluffy cloud...."

It's OK to ask for help, support is necessary for success.

"When you're a kid, your entire life depends on the support and the help of your parents. Without them we would be nothing," says Yann Girard. "Unfortunately, along the way of growing up we somehow lose the capability of being able to accept any sort of help."

That's unfortunate, because research² suggests that asking for advice can make you seem more competent and can flatter the person whose counsel you're seeking.

There's a whole world out there to explore, take the time to explore it all.

Kids are keen observers of everything around them, writes Sharmistha Das:

Go for a walk with a kid and do the same with [an] adult ... use the same route. You will be surprised at the different things you end up noticing and explaining about when you are with [a] kid. Age tends to make us oblivious to nature.

Observation is a key skill of innovators, according to the authors of "The Innovator's DNA." Watching people's everyday behavior can help you figure out the solutions to problems you or your organization are facing.

What other lessons are our smallest community members teaching you this Spring? Take a moment and share those life lessons with others.

¹https://www.nytimes.com/2012/07/15/fashion/the-challenge-of-making-friends-as-an-adult.html?_r=0

²<http://www.businessinsider.com/study-ask-for-advice-to-look-smart-2014-8>

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