

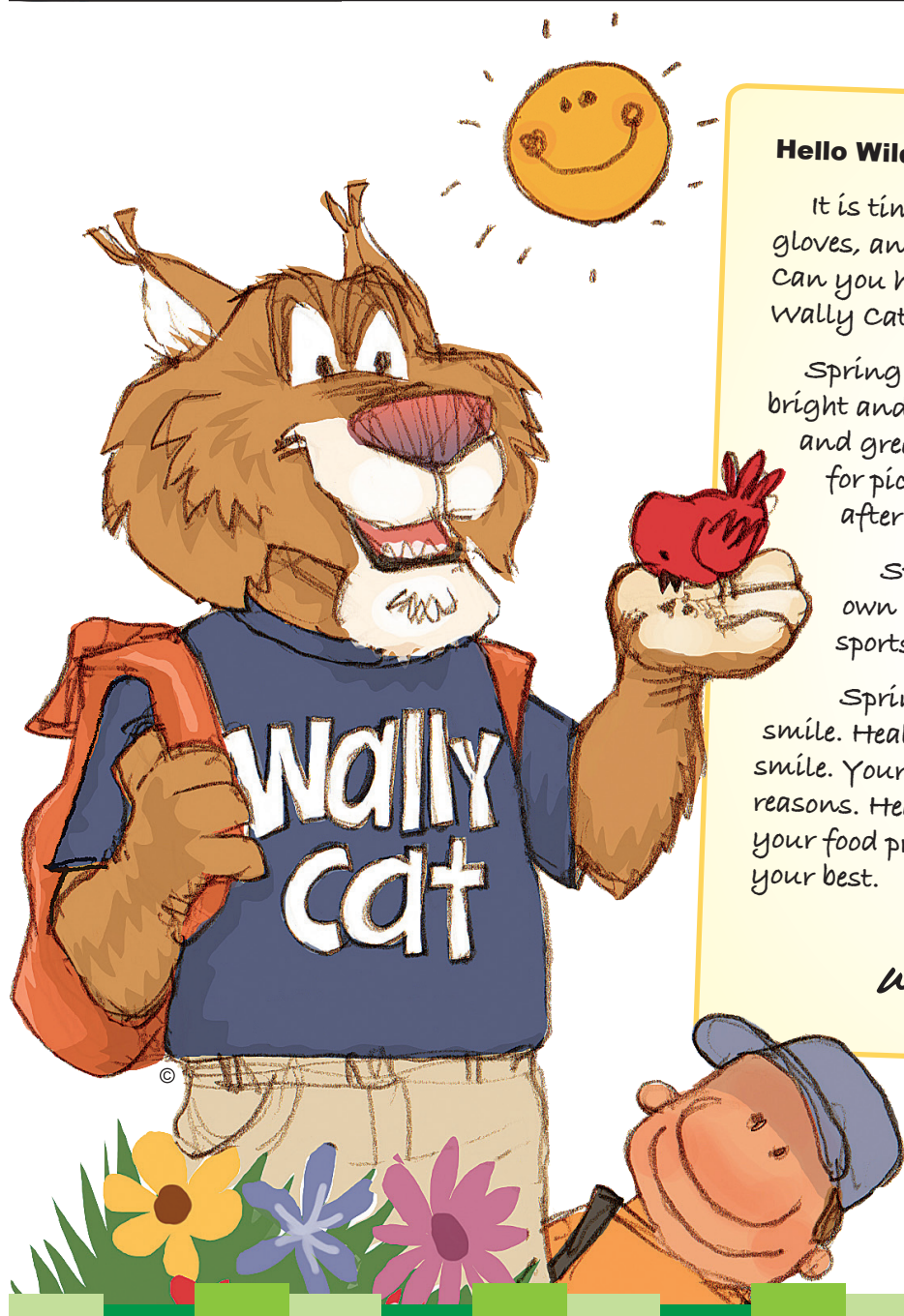
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YOUTH HEALTH BULLETIN

APRIL 2010



Hello Wild Cubs and Wild Cats,

It is time to put away your snow boots, gloves, and ear muffs until next year. Can you help me in letting out a great big wally cat "Hoooooooooww" for Spring?

Spring is a time for flowers that are bright and beautiful, warmer temperatures, and green grass. Spring is also a time for picnics, and bugs that light up after dark.

Spring is a time to plant your own garden, get involved in team sports, and enjoy just being outside.

Springtime always makes me smile. Healthy teeth are the key to a great smile. Your teeth are important for many reasons. Healthy teeth help you to chew your food properly, speak clearly, and look your best.

Wally Cat 

Do adults hear what you have to say?

Talking with adults can be one of the hardest things we ever learn to do. It can be scary, especially when they are family members such as parents or grandparents. Some of the things going through our heads, when we have something we want to talk to our parents about, might include:

- Should I talk to them?
- When should I talk to them?
- How do I tell them what I want to say?
- Will they understand?
- Will they help me?
- What if I hurt their feelings?
- What if they get mad and punish me?
- What if they tell someone else?

Learning to talk to your parents and other adults about things that matter to you is very important. Your parents want what's best for you.

Talking to Adults: Where do I Start?

1. Tell them about your day. — When you share things about your day, you are letting them into your world.
2. Tell them about your friends. — Understanding who your friends are could help your parents feel like they know you better.
3. Share your ideas. — Adults can help you make your ideas work.
4. Share your hopes and dreams. — By sharing your vision for your life with your parents, you show respect for their opinion.

Listening is Just as Important as Talking

While it is good to talk to parents and other adults, such as grandparents and teachers, sometimes it can be more important to spend time listening to them. Because we want them to be a part of our life, listening shows adults how much you value their opinion and how important they are in your life.

By asking questions about their lives, you will:

- Learn more about them
- Respect who they are
- Respect what they have to say

People often take their feelings for one another for granted. It is easy to assume that others know they are cared for and appreciated. It is important to both say and hear those words on a regular basis.

Some people feel silly saying nice things, but we all gain self-worth by knowing we are loved and valued by the

people in our lives. Parents and grandparents need to hear that they are loved and appreciated as much as we do.

Communication and Health: What Do They Have in Common?

Why is it important to let other people know we are unhappy or that we have something we want to share? The famous psychologist, Sigmund Freud, once said that “secrets make us sick.” When we keep things to ourselves, especially things we are uncertain about, we tend to worry too much. This can affect our overall health. We might not sleep well or eat right, and it is hard to just be happy.

Sharing your concerns and worries with your parents or other trusted adults is the best way to figure out what to do. Stop worrying and stay healthy. Communicate.



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