Enthusiasm is Infectious

I am fascinated by the things that excite people – the things they are passionate about. Several years ago, my wife’s cousin was in mixed martial arts training. Now, I really had no interest in it myself but one day I watched some fights on TV with him. He explained, with such enthusiasm, the different holds, grapples, takedowns, punches, kicks, and what styles of fighting were being used and the training required to master those techniques. From then on, I became interested and now I enjoy watching MMA bouts.

Enthusiasm is infectious. It can be a great motivator for the enjoyment of learning. Perhaps you are struggling at home with activities, learning, boredom, anxiety, stress, and are at a loss for how to keep your child engaged, you sane, and maintain a fun, stress-free environment. My recommendation: explore the things you are both interested in, learn about each other, and have fun doing so.

Explore and share your hobbies, passions and interests in a non-pushy way. Just enjoy the time together and show them why you enjoy whatever it is. How many opportunities do we ever really have, or take the time to embrace, to share ourselves with our children this way, to form these bonds? For example, I love listening to all kinds of music. Now, I’m not saying that I’m going to share my love of ‘90s and early ‘00s hip hop with my five-year-old (yet), but definitely my love of classic soul and Motown; albums that have influenced me such as U2’s The Joshua Tree; and some 80s hard rock and hair bands for those times you just need to rock out (which was a perfect thing to do after recently having a family movie afternoon watching Trolls World Tour). You will both have fun with this experience.
Then, of course, give your children the opportunity to do the same, *even if it may not be something you are actually interested in.* Maybe your child is into Fortnite. Without judgement, ask them about it. Without prejudice, play it with them. Enjoy, if nothing else, the experience of sharing in their enthusiasm. Support your child’s interests, and my expectation is that you will have fun doing so and see value in whatever those interests may be.

It’s one of our greatest gifts as parents and caregivers to not just provide opportunities for our children, but to actively take part in, and aid in, exploring those opportunities.

Take care,

**Josh Carlson**  
Manager of Youth Services  
jcarlson@whiteplainslibrary.org

P.S. An awesome “Marble Rafting” outdoor **marble sculpture**!

P.P.S. As always, you can reach me by just replying to this email or on Twitter.

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**Author Visit: Astronomer Julia Kregenow**

Dr. Kregenow will provide **two fantastic programs** exploring her writings for children and her work studying outer space!

- **May 21, 2:00 p.m.:** *Twinkle, Twinkle Little Star, I Know EXACTLY What You Are*
Documenting COVID-19:
"Sunshine Days" Poem

"sunshine days," by Stuart, Age 9, March 27, 2020.

sunshine days
the sun is shining bright
the moon shines through the night
in this time of woe
we can always find a glow
we are all staying apart
but we’re always together in our hearts

Submit your own experience.

Daddy-Daughter Storytime

This week's books:

*Dooby Dooby Moo*

*Chicken in Space*
Explore NYC from Home

Josh provides resources to take a virtual tour across New York City.

Virtual Book Bunch

Our next May Virtual Book Bunch, a book discussion group for fourth and fifth graders, is on May 27th. You still have time to read Dragon Pearl, with unlimited copies available in Hoopla.

Virtual Table Top Gaming
Do you miss playing fun games with your friends at the library? Join Ashley and Erik from the Trove and the Edge to play virtual table top games! Our next session is on Monday, May 18th, from 4:00-5:30 p.m. Find out how to join in on the fun here.

Special Needs Parenting

Ms. Lauren is providing great resources, information, and ideas for parenting a child with special needs during the pandemic.

Storytimes & Read Alouds from YS Librarians

Trove Storytimes Online

Elementary Read Aloud

Sch-EDGE-uled Videos
May is...

- Asian American Pacific Islander Heritage Month
- Haitian Heritage Month
- Jewish American Heritage Month
- Mental Health Awareness Month
- More May Observances and Celebrations

Articles Around the Web

Monster Meditations from Sesame Street help kids learn meditation, mindfulness and social/emotional skills.

Burnt Out on Home Schooling? How to Get Through the Rest of the Year.

Helping Students Through Pandemic Grief and Trauma.

Nine Podcasts About COVID-19 for Kids Ages 5-12.


Photo of The Week

Left: Josh Carlson, Manager of Youth Services. #WFH #WFHMohawk #librariesrock