

# Positive+Parent™ Newsletter

Where the science of positive psychology+ meets the art of parenting™

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[www.PositiveParentPlus.com](http://www.PositiveParentPlus.com)

## CARE

If you find it in your heart to care for somebody else, you will have succeeded. ~*Maya Angelou*

I have to begin with an admission. While I write this, I am a little angry. Perhaps I should calm down before I write, but if I go overboard, my editor (my wife) will “clean” it up. If you are reading this newsletter, I guess I was okay!

I teach English at a local college. I work in various departments, one of which has an administrator that I often don't agree with. I have been an administrator in the past and I always tried to make sure that the quality of the educational experience of the students was my guiding principle. I don't feel that this administrator shares that value.

Yesterday a colleague said to me, “They don't care, why should you care?” My response was. “The day I stop caring, please fire me.”

We live in a world where many people have become numb and have ceased to care. I know that many people are overwhelmed, but caring is so important. Perhaps if we can pass this on to our children, even if we are ourselves are numb already, the future of the world will be better than the present.

Often people say, “It is not my business, I don't want to get involved.” The best analogy that I once read for this argument is that if an elephant is standing on the tail of a mouse, the mouse will not appreciate your desire to stay neutral.

If your child sees another child being bullied at

school, it may or may not be appropriate to intervene in the moment. It is possible that your child will be hurt. But it is completely appropriate, and you should encourage your child, to talk to the victim afterward. The last thing the victim needs to feel is that not a soul in the world cares about him or her.

The self-centered reason to care about others is so that they will care about you. Having more people that you care about and that care about you has been shown to increase happiness, health and success. It is a way to grow your social network. Having close relationships with family and close friends is important. Having many relationships in a “second circle” of friends is also important for creating a healthy social network that will increase many positive psychological outcomes.

One way to get ahead in the world is to be recognized as outstanding. My mother used to say that in the land of the blind, the one-eyed man is king. In an era when most people don't care, it doesn't take a lot of caring to stand out as a special person. That is not to say that we should teach our kids to care only enough to get ahead. But we can point out that a little caring goes a long way, a lot of caring goes even further!

And of course, if our kids are caring, they will care about their parents and siblings as well, which will lead to a peaceful and loving house!

We are afraid to care too much, for fear that the other person does not care at all.

Eleanor Roosevelt

You can reach me by email at [DrShaya@PositiveParentPlus.com](mailto:DrShaya@PositiveParentPlus.com) I love to hear reader comments.

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