How many of us remember our families and teachers sharing with us “April showers bring May flowers?” Often cited in gardening circles, the saying highlights the sequential aspect of nurturing young seedlings and roots with adequate nourishment and water in order to produce nature’s best.

This popular proverb can also be applied to our daily lives and actions in terms of preparation and perspective that can help us attain what is personally significant to each of us. Arguably, the late Randy Pausch, Carnegie Mellon University professor known internationally for “The Last Lecture” about achieving our childhood dreams, offers uniquely fitting observations about how we can each plant and enjoy our own personal “May flowers.”

In essence, his challenge for us is to look at our life experiences as lessons for learning, recognizing the value of persistence, pursuing childhood dreams and sustaining a sense of childlike wonder. From the themes shared in his lecture, here are some simple, yet meaningful ways to help encourage awareness within ourselves, and for reflecting upon life’s moments with the youngest to the oldest members of your family:

- **In spending time with children, it is often the everyday experiences that bring forth joy, from walking barefoot in the grass to sampling an ice cream cone. Recalling your most recent experience with a child or youth, what moment reminded you of your childlike wonder?**
- **What childhood dreams are you most proud of accomplishing? For those dreams yet to be achieved, which ones would you re-visit and why? How would an older member of your family answer this question? Would it be similar or markedly different from yours?**

These conversations may prompt your interest in family care resources. If so, learn more about child care (such as Summer Child Care Resources) and work/life support information by contacting Caryn Jung, MS, Senior Coordinator by email at jungc@email.arizona.edu or call (520) 621-9870. For information about elder care, contact Jan Sturges, M.Ed., LPC, Caregiving Coordinator by email at sturgesj@email.arizona.edu or call (520) 626-4770.

UA Life & Work Connections' "In Just Five" was developed especially for University of Arizona faculty, staff and students with busy work, school, home and family lives. Designed to be quickly read in about five minutes, rotating tips and strategies will highlight practical ideas and resources in support of caring for yourself, your loved ones, and your work and personal life roles.

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