



## Community Volunteerism

During the holiday season, many families look for ways to help others in need. If your family's time is limited, consider just one or two projects a year and make them a family tradition (for example, making and donating gift baskets to care facilities for the elderly around the holidays).

Why should your family lend a helping hand?

- It feels good
- It strengthens your community
- It can strengthen your identity as a family

What can children learn from volunteering?

- A sense of responsibility—children learn about commitment, to be on time, do their best, and be proud of the results.
- One person, one family can make a difference—children learn that they and their family can have an impact on someone or something else.
- The benefit of sacrifice—children learn that there are important things besides themselves.
- Cooperation and unity—children learn that working together as a family can unite the family and that two heads are better than one.
- Job skills—children learn about fields that may help them decide on future careers.
- How to fill idle time wisely—children learn to use time to help others.

Ultimately, children learn that we're all responsible for the well-being of our communities. Whatever community service you choose, your community and your family will benefit.