

Make This Holiday More About Giving Than Getting

As the holidays approach, many parents wish for “this holiday to be different”. Instead of focusing on *getting*, they want their children to feel the joy of *giving*.

Parents are busy. As the holidays arrive, family life becomes even more hectic. If you have not planned ahead, your family will miss the chance and the power of giving back.

The spirit of giving should be all year long. However, the holidays offer a wide variety of volunteer activities. Before the holidays begin –

- **Make a Holiday Family Plan.**

Decide how you will teach your children the power of making a difference in the lives of others.

- **Build awareness.** Talk about people in need. Where do they live? Why are they in need? What could we do to make their lives better?
- **Provide motivation.** Kids love doing activities with their parents. Make “giving back” a family activity.
- **List “giving” activities.** Match these activities with the ages of your kids. Young kids could make holiday cards. Older kids could work in soup kitchens. As a family, you all could shop for food or gifts.

Teach your children that helping others is not reserved for the holidays or disasters. Use holiday giving to promote a lifelong passion of *giving back to others*.



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
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