

## Inspiring Generosity in Children

The holidays are a natural time to think about generosity and the joy of giving. For parents and other role models, the holidays present many opportunities to inspire children to think of others and start to develop charitable habits. Here are several ideas to encourage generosity in children throughout the year.

### MODEL GENEROSITY AND INCLUDE YOUR CHILDREN IN THE PROCESS.

Make the act of giving a family affair. If you contribute to a charitable organization, let your children watch as you write the check. Talk about the needs the organization seeks to meet, and how you go about selecting organizations for your donations. Designate a "Giving Day" several times each year, and gather the family around the computer, pulling up the websites of the organizations you support. Let each child take turns making the online contributions, with the younger ones clicking the mouse to send the funds.

### FIND EASY WAYS TO GIVE TO THOSE IN NEED.

Have your children pick one item during each grocery shopping trip to donate to a family in need. Designate a day for them to clean out their closets, sorting articles of clothing, shoes, and other apparel that have been outgrown or have gone unused. Then make a trip together to a local drop-off center so the items can be passed on to others.



### BEFORE BIRTHDAYS OR THE HOLIDAYS, HAVE YOUR CHILDREN SORT THROUGH THEIR BELONGINGS TO FIND SOMETHING OF VALUE TO GIVE AWAY.

The item should be one that is in good condition -- not worn out or broken. As your children select their items to be given away, ask them to imagine the boy or girl who will benefit from their generosity and enjoy playing with these gifts. Have them accompany you when you drop off the donation and, afterwards, talk about how it feels to give something away without getting something in return.

### VOLUNTEER AS A FAMILY

Volunteer as a family, giving the gift of your time to a local organization. Have your children do some research and present their suggestions at a family meeting or meal. Discuss and commit to a volunteer project as a family. After you complete the volunteer activity, have family members share how they felt about the experience and what they learned.

### GETTING HELP

For help with personal or workplace issues, contact your Employee Assistance Program (EAP). These confidential services are available to employees and their eligible household members 24/7.