

Service February 2019



SAY IT:

Lending a hand to help someone else.

KNOW IT:

ASK A KID:

- Has anyone ever come to your side when you have needed help with something?
- Think of a time when you lent a hand to help someone else when they were in need.

ASK A GROWN UP:

- When is the last time that you helped someone out who was struggling with something or simply needed help? What was the end result?
- How does it feel to lend a hand to help someone else?
- What are some acts of service that people have done for you in your lifetime?

SEE IT:

There are several examples of service jobs and careers that you may already be familiar with. Among these are public service occupations. Men and women who serve in roles such as fireman and women, police officers, military members, public school teachers, and state park workers are all public service employees. These individuals are tasked with providing a service to the public whether it is maintaining safety for the community, putting out damaging fires, protecting the freedom of the United States, educating youth or managing beautiful state parks. Do some research on these career options and identify the ways in which they lend a hand to someone else.

BE IT:

This month, choose one volunteer opportunity that your family would like to partake in. Options might include volunteering at the local senior center to serve a meal, volunteering at your church or simply picking up trash around the local park. Lending a hand to help someone else is always a good idea and can be made a priority this month.



We all want to know that we matter, that we are important.

One way that we can discover how we are important to others is through work. Maybe your child isn't ready to put in an 8-hour day at the office (who is!?), but he or she can still do significant work that will help your family and others. From taking out the trash, to doing dishes, folding laundry, or lending a hand to the neighbor, there are age-appropriate tasks that all kids can do.

Doing this work will make them feel important, needed, and connected to others.

So don't miss it. This month, look for work that develops independent habits in your child.