



AcornDreams® Blog Tips

Building Children's Skills for Life - Pointers from our Posts

From Blog Entry "Teaching Children the Gift of Giving, Not Getting"

Research Summary

Studies show that giving to others activates areas of the brain associated with pleasure, trust, social connection, and reward. Adults and children feel warm and happy when they help others. When adults help children give to others, children feel great AND they learn the ethical, kind, thoughtful behaviors needed to be responsible, caring adults.

Tips from this Post

Plan 'child friendly' volunteer activities where children give their time.

Short, practical projects work best for young children. Find an animal shelter looking for cat cuddlers or dog walkers, or a food bank that allows children to sort food into "take-home" bags.

Let children know when you are volunteering and "doing good deeds."

Children need to know that we value helping others and volunteering. Studies show that the most altruistic children have role models who volunteer or frequently help others.

Be spontaneous.

If a child wants to make a card for a sick friend, grab those markers! Adult support helps children follow through.

Remember to acknowledge when children give.

When you see a child hold a friend's hand who is scared or share a toy, let him or her know that you noticed how they helped or cared.

To read the blog entry "Teaching Children the Gift of Giving, Not Getting" visit the AcornDreams.com blog page.

