



Developmental Assets

There are 40... How many does your child have?

Asset #9 – Service to Others

Did you know when children see adults helping others they are more likely to do it themselves? Getting children started volunteering at an early age nurtures a lifelong interest in helping others. And, Service to Others is one of 40 Developmental Assets, together which prevent substance use, eating disorders, gang activity and at least 15 other social problems. More importantly having lots of Developmental Assets helps children grow up healthy, caring and responsible.

April 18 – 24 is National Volunteer Week!

Service to others can take a number of forms depending on the age of a child/youth. Here are some ideas to get you and your family going:

- Do your best to meet an infant/child's needs. Besides having food and clothing, they need to feel special and cared for. When they grow older they will be more willing to meeting the needs of others.
- Toddlers can help with simple tasks like putting things in donation bins.
- Talk about and show what it means to share and take turns.
- Create ways for you and a child to serve together. As a family donate toys, send cards, or rake leaves. Ask your child for ideas.
- Visit an elderly friend or family member, help them with a chore.
- Tell children/youth what you appreciate about their contributions and thank them.
- Encourage children to keep a journal of stories and pictures about their volunteer experiences.
- Be a mentor to a child/youth in the community; start a workplace mentoring program.