



National Volunteer Week is being observed in Canada from April 18 to 24, and this is the perfect time for parents to introduce their children to the benefits of volunteering.

This spring, Clarington parents are encouraged to get rid of the winter blues and to get their children to go out and volunteer. Volunteering is a great way to build relationships; it can be a really rewarding experience and is a helpful way to share your skills and talents to make a difference. There are loads of benefits to getting your child involved in volunteer activities, here are just a few:

**Getting them off the couch** - By encouraging your children to participate in volunteer activities, they spend less time on the couch and more time exploring the world around them. Volunteering also allows children to do something different outside their normal daily schedules. Exposing your children to a volunteer activity will also help to develop their leadership and teambuilding skills. Through their time volunteering, they might even develop a new hobby or passion.

**Learning outside of the classroom** - Volunteering experiences teach your kids about issues in the world around them. By supporting their involvement getting them involved in activities, such as World Vision's 30 Hour Famine, your child will not only understand that there are people in the world who are not as fortunate, but that there are simple ways to help make a difference. Through participating and volunteering, your child will learn that simple acts can make a big difference.

**Building relationships** - No matter where or how your child volunteers, relationships are built with the people around them. They might meet new friends, or create long-time contacts for their futures. It may also help them develop a stronger appreciation of their community.

**Participating with your son or daughter** – You and your child may consider choosing an organization to volunteer at together, allowing you to spend quality time with one another.

## Teaching kids about volunteering

Sunday, 11 April 2010 14:00 - Last Updated Sunday, 11 April 2010 14:07

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Volunteering together in an activity not only models your commitment to volunteerism, but also provides a common ground upon which your own relationship with your child will grow deeper.

*Article courtesy of World Vision Canada*

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