



# I have a purpose for my life.

Children and youth who have opportunities to give of themselves, develop into caring, sharing, loyal, empathetic, social adults. In your role in our communities, consider how to model a giving spirit and to provide opportunities for this to develop in our children.

- Try to give your kids some "space" to plan volunteer time to help in their neighbourhood, at daycare or school, or in their club/youth group. This is equally as valuable as joining another sports team.
- Teach your kids how to notice needs. Even our youngest children can be given opportunities to perform simple but meaningful and caring actions for others. Children and youth can pick up garbage in their neighbourhood, donate their money or toys, or choose to play with someone who is younger or who is in need of friendship.

In helping others, our children and youth create their own proof of worthiness: they make a positive contribution to another human life.

**WHAT'S BEST FOR OUR KIDS**

Understanding that helping others gives each of us a deep sense of self-worth