



IT DOESN'T TAKE A LOT OF TIME TO MAKE A BIG DIFFERENCE

NOVEMBER 19, 2016

Family Volunteering Fact Sheet

Family volunteering strengthens families and strengthens communities. Whether it is the whole family volunteering together, one parent with one child or teen, or with extended family such as grandparents, aunts, uncles and cousins, families engaging in service can help mobilize thousands of new volunteers and instill in the next generation a lifelong commitment to volunteering.

THE IMPORTANCE OF FAMILY SERVICE

Research suggests that engaging parents and their children in service together has important positive outcomes for everyone involved. There are many benefits to volunteering as a family, but here are our top 5:

1. Kids and teens cultivate positive values, such as caring and empathy, and develop a commitment to service both now and in the future.
2. By participating in volunteer activities, kids and teens feel appreciated and respected, as well as learn new skills in the process.
3. Parents get to spend quality time with their children in a positive environment, while serving as role models, leading by example and passing on important values.
4. Families increase their sense of cohesion, well-being, and connections to the broader community.
5. The combination of ages and generations within a family means they have everything needed to make meaningful change in the community: energy, creativity, passion, knowledge and experience, as well as different perspectives and skills.

WHAT CAN YOU DO?

There are lots of great ideas to get involved together. Here are a few to start you off:

- Clean up a park in your community
- Donate your time at a food bank or kitchen
- Write cards to people suffering from health problems, senior citizens, or people in the military