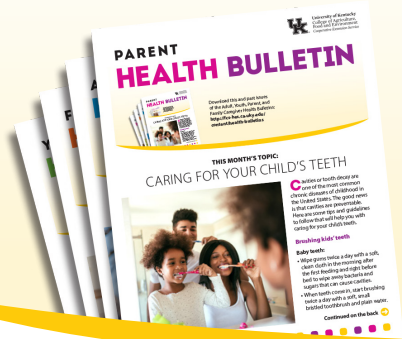


PARENT

HEALTH BULLETIN



NOVEMBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC THE GIFT OF GIVING



As the holiday season begins, there are lots of things pulling at the time and attention of our families and our children. Extra programs and performances, gatherings with friends and family, and looming thoughts of food to prepare and gifts to buy.

Our children can become mesmerized, and even preoccupied, with thoughts and plans of gifts that they hope to receive. Years ago, influences most often came from catalogs in the mail and shop windows. Now, advertisements and influencers on radio, TV, and social media platforms add to the noise.

How do we, as parents and caregivers, lovingly guide and direct our children's attention away from only focusing on their own wants and desires? One way is to encourage kids to think of others.

Continued on the next page →





**Consider volunteering
your time at a
local animal shelter,
tutoring center,
or warming station
in your community.**

→ Continued from the previous page

Considering others' needs, and how we can help meet them, is a great way to teach our children to be responsible citizens, build compassionate relationships, and use their resources wisely.

There are also many health benefits to being generous. People who practice generosity are happier and less stressed than those who do not. People who give to others also tend to get sick less often and have stronger immune systems. Being generous also helps some people to sleep better at night. Those are great benefits, on top of helping others!

This time of year, there are many practical ways to involve your kids in thinking of others and giving back. Model this concept for your kids by making it a priority for you and your family to give to others in some way this season. Take into consideration the time you have, the amount of money you have to spend, and the level of involvement you want you and your children to have. Then, have a family conversation and decide together what to do. You may want to come up with a few choices and let your children decide between them.

Here are a few ideas to get you started:

- Donate new or gently used toys or clothes to a local charity,

- Buy and donate food to a local food bank or shelter, and/or
- Take a meal or snacks to first responders in your community.

Giving to others does not have to cost money. You and your children can give the gift of time, as well. Consider volunteering your time at a local animal shelter, tutoring center, or warming station in your community. Contact these places ahead of time to determine when they need volunteers, if they have age limits or mandatory training, and if there is helpful information (like a dress code) to know before showing up.

Thinking of others is good for everyone. Those on the receiving end have their needs met and feel seen and valued by their community. Those taking the opportunity to give get the satisfaction of helping others and added health benefits!

REFERENCE:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508200>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock

