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Holiday & Winter Newsletter

 December 2012

Raising Kids Who Care This year's Holiday Newsletter focuses on raising children who:

- * Show compassion and respect to others
- * Develop good values
- * Feel confident and happy

Helping Others During the Holiday

Season and Beyond One of the best ways to raise children who care is to teach the value of empathy and helping others. The holiday season is an ideal time to start.

Helping certainly helps those in need, but young helpers also benefit in significant ways. People who volunteer have higher self-esteem and feelings of happiness. This is true for kids too. Studies have shown that teens who volunteer have better grades and a stronger self-concept. Kids who volunteer often continue helping as adults and have a higher quality of life.



Helping Kids Feel Good About Themselves

Children who help others also feel good about themselves, which in turn builds confidence. Confident kids are more likely to succeed because they are aware of their strengths, willing to try new things, learn from their mistakes and place a value on caring.

Ways to Encourage Young People to Care Helping does not have to be complicated or overly time-consuming to be appreciated. Here are some ideas:

1. Children can help a friend, family member or grandparent. **Listening and spending time** with people important in their lives is a first step in learning about caring.
2. Teach kids the value of **taking the initiative**. For example, *Grandma, I'll take out the garbage, or Grandpa, I can help you with the computer* might be a good place to start. Talk with the child about doing **helpful behaviors**.
3. Children can **volunteer** to read to a younger child, bake cookies, hand out food in a soup kitchen, or perform in a nursing home. Often there are programs set up in **school, community or religious groups** that sponsor such volunteer efforts. Seek out programs that make sense to your family.

4. Many families and children have volunteered in the **aftermath of a disaster**, such as the recent Hurricane Sandy. Children and teens might like to help out in **environmental or community events**.
5. Be a **good role model**. Participate with your child or discuss ways you help other people.
6. Some children are very **interested in animals** and want to help dogs or cats that need attention.
7. **Children can pick their own way to be helpful**. Standing up for a friend, teaching a younger cousin a game, or doing a chore without being asked all important ways of being a helper.

Helpers Need Emotional Tools All young helpers can benefit from being steady and strong. Children and teens need many emotional life skills to get through everyday times as well as more difficult times. Tool Kits for Kids has created powerful strategies to boost self-confidence, manage worry, and build resilience – all important areas of emotional health.

The **Charge Up Your Confidence Tool Kit for Kids** helps kids focus on their strengths, value their own opinions, and recognize the importance of effort.

The **Outsmart Your Worry Tool Kit for Kids** helps young people think in strong and accurate ways, so anxieties stop interfering with what’s important in their lives.

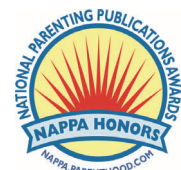
The **Build Up Your Resilience Tool Kit for Kids** helps in times of crisis, with tools to remain positive about the future.

Tool Kits For Kids® News Tool Kits for Kids® are used worldwide, providing emotional first-aid solutions for confidence, worry and resilience. Here are some of our company’s recent accomplishments:

- * The U.S. military continues to use our Tool Kits to help with the emotional health of families of deployed soldiers. We are pleased that our Tool Kits have been featured in Yellow Ribbon events nationwide.
- * The Boys and Girls Club use our Confidence Tool Kit to help young teens transition from middle to high school.
- * The Creative Therapy Store features all of our Tool Kits on Confidence, Worry and Resilience.
- * Our Outsmart Your Worry Tool Kit is the focus of an extensive research study in several elementary school districts across New York State.

Visit toolkitsforkids.com to learn more about Tool Kits for Kids, and don’t forget to lick on our **News** page to see a wide range of topics related to child anxiety, confidence and self-esteem in young people and resilience. Remember to like us on Facebook and follow Toolkitsforkids on Twitter.

Newtown, CT: To every Sandy Hook child, parent, brother, sister, grandparent, teacher, staff, neighbor and friend - our hearts and prayers remain with you.



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