

Volunteering Ideas for Families

Volunteering as a family is easier than people make it out to be. It starts with good intention, but many parents and families need ideas to move from intention to action. Below are a list of activities you and your family can do this summer, and ways to get started.

1. **Make it creative:** Tap into your kids' creativity by drawing pictures and writing cards to send to veterans.
2. **Meet your elders:** Grab a family board game and sign up to visit a nursing home or assisted living facility. Often residents look forward to sharing their stories and making new memories.
3. **Make a healing meal:** Through online services, it's easier than ever to sign up to help a family or friend after illness, injury or even birth. Sign up to make dinner and ask your kids to help make the menu and meal.
4. **Get active:** Sign-up to volunteer as a family for a charity walk or run, kids can hand out water or snacks and cheer on participants.
5. **Invite others to the party:** When planning birthday or block parties, ask for donations, in lieu of a gift, to fill a care package and give to a local shelter or other person in need.
6. **Go outside:** Find a local park or beach that needs to be cleaned up. Kids can wear protective gloves to pick up trash and feel great about making an immediate difference.

Here are some additional ideas for volunteering this summer:

- Make a list of easy tasks, such as helping a friend with a project or walking a neighbor's dog that your kids can complete in an hour.
- Mow the lawn, water flowers or pull weeds for an elderly neighbor.
- Offer to pet sit or take in your neighbor's mail and newspaper while they're on vacation.
- Add an act of volunteerism to your child's weekly chore list.
- Write a thank you note to your mail carrier, a teacher, local fire or police department, neighbor or anyone who has had a positive influence on the family.
- Build your own summer lemonade stand together and donate proceeds to a local cause.
- Get your family together and go through clothes, toys and books for donating.
- Join a neighborhood or school group and volunteer to serve meals together at a local shelter.