

Family Service Projects

Mothers & More Chapter 203 (Rochester, MN)

July 28, 2009

Ice Breaker

Name something each of your children cares about the most.

We'll talk about how to turn those interests into something charitable!

Quotes – Why Volunteer? Why Volunteer Together?

- The Giving Bear by A.A. Milne: Pooh says, "If I give away these pots than everyone will be as happy as I am!"
- "Charity is hands-on love."
- "Charity can teach kids anti-materialism. Charity is 'process'-oriented, not 'product'-oriented."
- *Caring is contagious.*
- "Working together helps kids feel valued, acquire new skills, learn about life, and gain a more realistic view of the workplace. In our society, children seldom have the opportunity to contribute in a significant way to the well-being of the community...Children who volunteer become aware of their talents and abilities, and that builds self-esteem, a sense of accomplishment, and confidence."

Types of Service – pick a cause

- People-to-people ties (senior citizens, the sick, the disabled, reaching out to other children and families)
- The Earth (animals, parks and wilderness, cleanup and recycling, environment)
- Community (creating stronger/safer neighborhoods, schools, support literacy, support arts and culture)
- Social Action (political causes, supporting research, working for human rights protection and peace)

Tips for Success

- Not everyone has to volunteer together at the same time. Use interests to guide activities – make some Mom/son, Dad/daughter, Dad with both kids, etc.
- Talk about the experience – have a time for reflection
- Help kids to have ownership in the solution for a problem
- Little things add up – charitable actions do not need to be big and time consuming.

Books

The Busy Family's Guide to Volunteering: Do good, have fun, make a difference as a family! Jenny Friedman, 2003, Robins Lane Press

- Each section lists books for kids and books for adults about the different volunteering and charity options (for the education portion!)
- Family Volunteering Assessment Survey
- Appendix with Holiday Volunteering Ideas
- Appendix with specific ideas for different age groups
- Appendix for spontaneous, unplanned volunteering ideas!

Teaching Your Kids to Care, Deborah Spaide, 1995, Citadel Press

Great Websites - Local

- United Way, www.uwolmsted.org (Channel One openings are listed here)

- Ronald McDonald House, <http://www.rmhmh.org/support/house-volunteers.php> (Plan and provide a home-cooked meal on a Sunday or Wednesday night!)
- Rochester Public Library, <http://www.rochesterpubliclibrary.org/info/volunteering.html>
- Habitat for Humanity, <http://www.rahh.org/Volunteer.htm>
- Good list of service partners (with specific people to email with questions):
http://www.rctc.edu/servicelearning/html/community_partners.html

National Websites

- Care Bags Foundation, <http://www.carebags4kids.org/>
 - Create and distribute beautiful fabric Care Bags filled with essential and comforting items for needy children ages baby-18 years.
- Kids' Stuff USA for Feed the Children USA,
http://www.feedthechildren.org/site/PageServer?pagename=org_kids_stuff_USA
 - Decorate a shoebox and fill with activities for kids who are hospitalized or displaced from their homes.
- The Box Project, <http://www.boxproject.org/>
 - Be a Family Sponsor and be assigned a family to help out by sending a box of necessities, letters and such each month
- Sponsor a wild animal, www.defenders.org, www.gorillafund.org,
www.friendsoftheocean.org
- Free the Children, <http://www.freethechildren.com/getinvolved/index.php>
 - "Children helping children through education" about child labor, poverty. Adopt a village. Great website for older kids about what they can do. Sponsors volunteer family vacations to Kenya
- Cheerful Givers (Twin Cities based), <http://www.cheerfulgivers.org/>
 - Provide toy-filled birthday gift bags to food shelves and shelters so that parents living in poverty can give their child a birthday gift.

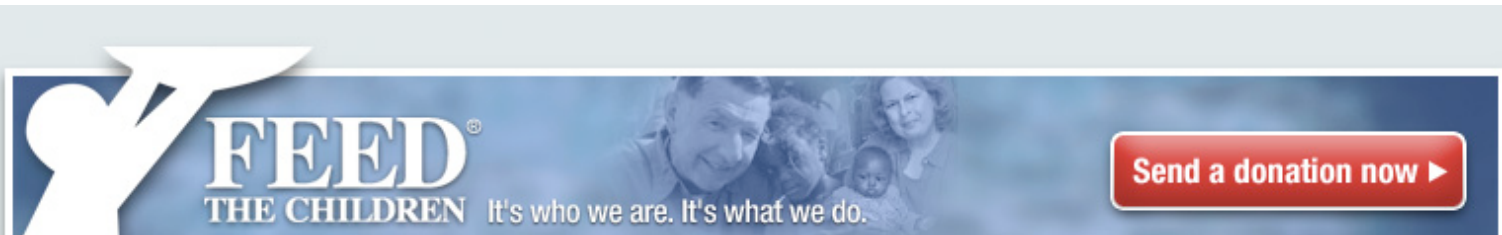
National Family Volunteer Day

Saturday before Thanksgiving

<http://www.pointsoflight.org/>

Other Interesting Info

- Volunteer vacations are tax-deductible!



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 Feed The Children recently announced its support of United We Serve.

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Making and giving a shoe-box gift for children in need across the United States

Kid's Stuff USA

Children across the country are going without food and other necessities year round, but there is something you can do about it – build a **Kid's Stuff Shoe Box Gift** and we'll deliver it for you!

Here's how to build your own:

- Find an empty shoe or boot box;
- Decorate the box using pens, stickers or wrapping paper;
- Please make sure to wrap the lid separately from the box;
- Fill the box with a variety of any new gift and personal care items, depending on the type of box you want to make – suggestions are below;
- On top of EACH shoe box lid, please indicate what type of box it is by adhering a label indicating "Tiny Blessings Box," "Kid's School Days Box," or "Kid's Holiday Box" (holiday boxes only accepted July through September);
- Mark the lid for a boy or girl

Types of Boxes

Three different types of boxes can be made:

Tiny Blessings Box: For babies and toddlers

What types of items to include: bottles, receiving blankets, nipples, burp clothes, pacifiers, rattles, stuffed animal, sleepers, onesies, socks, baby soap, washcloth, towel, shampoo, lotion, baby brush and comb, diaper rash ointment, cotton balls and baby fingernail clippers.

Kid's School Days box: For pre-school and school-aged children

What types of new items to include: stuffed animals, pencils,

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sharpeners, erasers, rulers, notebooks, crayons, markers, paper, glue sticks, blunt scissors, construction paper, writing tablets, math compass, calculators, folders, soap and washcloth, brush and comb, toothbrush and toothpaste, shampoo, socks, gloves, hats, hair accessories and facial tissue. Please no candy, gum or food.

Kid's Holiday Box: For youth of all ages

What types of items to include: balls, stuffed animals, plastic tumbler cup, water bottle, Silly Putty, books, games, puzzles, flashlight with extra batteries, plastic figurines, dolls and accessories, toy cars, dress up accessories e.g. jewelry, purse, shoes, shampoo, washcloth and soap, brush and comb, facial tissue, toothbrush and toothpaste, socks, gloves and caps.

Shipping information

Send your boxes to the address below and Feed The Children will deliver them to boys and girls in need across the country:

Feed The Children's
Kid's Stuff USA
29 N. McCormick
Oklahoma City, OK 73127

Please help defray transportation costs by enclosing a \$5 gift in a separate envelope and send it with your finished box.

Contact the Kid's Stuff Coordinator at kids.stuff@feedthechildren.org if you have any questions or need more information.



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PO Box 36, Oklahoma City, OK 73101
1-800-627-4556

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Bag Contents & Instructions

What to Include In The Birthday Bags:

Items should be suitable for kids ages 3- 12. About ten new, unused items should go into each bag with a minimum total value of 5 to 10 dollars. An effort should be made to see that one “lasting” item like a stuffed animal is in each bag. Here are some suggestions, but let your imagination be your guide:

IDEAS

Crayons	Stickers
Whistles	Mini-Frisbees
Bubbles	Candy
Party blower	Coloring books or notepads
Fun Fruit snacks	Animal straws
Balls	Pens
Puzzles	Small stuffed animals
Slinky	Novelty toys

Instructions

The instructions given here are only a guideline and depending on the size of your group may, or may not work for you. Use them or develop your own method. Remember that the gift for your volunteers lies in the giving. Make it fun, rewarding, and meaningful. Please let us know what you have done by entering your event into the web form found at www.cheerfulgivers.org under the **Our Successes (Record Volunteer Event)** section of the web site.

Form a Volunteer Team

- A Cheerful Givers Team Leader should be identified who will be the main contact for communication and information about Cheerful Givers.
- The Team Leader should establish a schedule of dates to assemble birthday bags. It's best to have a regular schedule, such as the first Wednesday of each month, at the same time. An area with two large tables is needed.
- The Team Leader should provide birthday gift bags and ribbons. These can be purchased in bulk or on sale or requested as donations.
- Volunteers will have an opportunity to take the finished bags to a shelter or food shelf in their community. A list of shelters and food shelves is available at www.cheerfulgivers.org. It's best to call the shelter in advance to let them know you will be dropping off birthday bags.

- Two days before your scheduled birthday bag blitz, send a reminder to all volunteers with the date, time and location. Include the mission of Cheerful Givers and a request for those who can't attend to drop off donated toys or treats with the Team Leader the day prior.

The Day of the Event -- A Birthday Bag Blitz

- The Team Leader should arrive early for set-up. If you're expecting 20 or fewer volunteers, you can use two long tables (for more than 20 volunteers, use four tables). At the head of one table place the gift bags and any donations that you have. On the second table put the ribbons and several pairs of scissors. You will also need to have several cardboard boxes to put the finished bags in. Put up "Cheerful Giver" signs in the area.
- As volunteers arrive with their donations, have them place them on the table. Remove any prices or unnecessary packaging.
- Begin an assembly-line by having the volunteers walk around the table to fill the bags. Take a minute to have everyone introduce themselves if they don't know each other.
- About four people should be stationed at the ribbon table. As the bags are filled, they should be placed on the ribbon table where ribbons are tied to close them. Bags are then placed in the cardboard boxes.
- When all bags have been assembled, the team should count and record the number of bags completed. The Team Leader should record the team event at www.cheerfulgivers.org in **Record Volunteer Event**.
- Team members can take the boxes and at their convenience drop off the bags at a shelter or food shelf within their community.
- The Team Leader should thank all the volunteers and remind them of the impact they are having on the lives of children in need and their parents.

Celebrate Your Accomplishments

- Tell us about your event at www.cheerfulgivers.org **Our Successes (Record Volunteer Event)** so we can share it with other Cheerful Givers on the website.
- We will provide a Cheerful Givers recognition item to anyone who volunteers on a regular basis.
- Additional support will be provided by the Board of Directors of Cheerful Givers upon request. Contact us at info@cheerfulgiver.org.

How You Can Help Care Bags 4 Kids Help Kids in Need:

Donate items to fill Care Bags: (Email us at helpingkids@carebags4kids.org for a list of items we especially need). For the safety of the recipients, **all items must be new, no glass or food items allowed.**

Ways to do this:

1. Buy a few new items and send them to us. Even donating one thing will make a difference to one child!
2. Have a party (for your birthday, holiday, special event, or just for fun!) and invite your friends to come and to bring along new items to donate to us. Then ship them to us and we'll include them in Care Bags for needy kids.
3. Donate new items you may have that you don't need (wrapped Happy Meal toys, toothbrushes, toothpaste or dental floss from your dentist, shampoo from hotels, extra presents you don't need, etc!)

Sew bags, receiving blankets or bibs

Ways to do this:

1. They can be made with any nice fabric in any size, shape or style you want. They could be purchased new too!
2. Invite your friends over to decorate plain fabric bags with puff paint, glitter, fabric paint, markers, etc! The cloth bags could be sewn or purchased if you don't sew. This is a fun, creative party activity for people of all ages and is a great way to make a difference in the lives of children less fortunate!
3. Get your family, school's sewing class, youth group or women's clubs to sew items for us! (Sample sewing directions for the bags are available by email upon request!).

Donate money to Care Bags Foundation:

Ways to do this:

1. Donate part of your allowance, birthday, special event or holiday money to Care Bags Foundation.
2. Get permission to set out a jar at a school, business, or in your neighborhood and collect "Coins for Care Bags".
3. Be creative! Hold a car wash, baby-sit or have a lemonade stand (etc) and donate some of your earnings to us.

Organize others to volunteer:

Ways to do this:

1. Tell your friends about Care Bags and brainstorm about ways you could help!
2. Get your school, religious group, youth group, business or neighborhoods involved in your plan! For instance, have a "Care Bags Collection Drive", get volunteers to sew for us, or ask others to help us in some way!
3. Email us at helpingkids@carebags4kids.org and tell us about your plan!

"Adopt" the idea of Care Bags and start a project of your own to help kids in your community:

Ways to do this:

1. Contact our website at www.carebags4kids.org to learn more and to receive a Care Bags Starter Kit via email.

Volunteer your time:

Ways to do this:

1. If you live near our headquarters, volunteer by coming to help us sort items or fill some bags.
2. Go shopping and buy items kids need. Then donate them to Care Bags Foundation.
3. Sew items that kids would enjoy and send them to us.
4. Organize others to help us!
5. Start a project of your own!
6. Even if you can't help us, volunteer for another organization and/or find a way of your own to make a difference in the life of a child. Then encourage others to do the same! Your life, and the lives of others, will be richer for it!

All items and monetary donations are tax deductible and should be sent to:

**Care Bags Foundation
C/O Annie Wignall,
2713 N. 4th Ave. E.
Newton, IA 50208**

May all the kindness you share with others fill your life with joy!

With Thanks from our friends at Care Bags Foundation