

HOW TO RAISE CHILDREN WHO CARE AND CONTRIBUTE

HERE'S THE PROBLEM...

Parents everywhere say they want their children to be kind, compassionate adults.⁽¹⁾ But children aren't getting the message.



3x

more young people agree than disagree that: **My parents are prouder if I get good grades** in my classes than if I'm a caring community member in class and school.

80%

of young people say **happiness or achievement** is their parents' biggest goal for them.



20%

Meanwhile, only 20% say **caring for others** is their parent's top priority.



40%

What's more, current college students demonstrate a **40% decline in empathy** compared with peers from 10 years ago.⁽²⁾

BUT THERE IS GOOD NEWS!

Emerging research makes it clear that our capacity for *empathy is like a muscle*. We can teach our children to be more caring and more focused on the common good.

The more you practice, the more compassion grows!



And our simple **Doing Good Together™** tools make "practicing" kindness fun!

AND IT MATTERS.

The good you do together grows kinder kids and builds a better world – now and for generations to come.



Many more community needs get met, like feeding the hungry, visiting isolated elders and caring for rescued animals.

LOWER STRESS STRONGER FAMILIES RESPECT

LESS DRUG AND ALCOHOL ABUSE BETTER HEALTH

HIGHER ACADEMIC ACHIEVEMENT GRATITUDE

HIGHER SELF-ESTEEM EMPOWERMENT



These kindness-inspired kids will become tomorrow's volunteers, activists and thoughtful, generous adults.

YOU CAN MAKE IT HAPPEN.

4 Big-Hearted Strategies from Doing Good Together™

1

START BIG-HEARTED HABITS

Do good daily with a few simple tweaks to your routines

We don't wait to start reading to children. We want reading to be a habit. Giving back is very much the same. You can intentionally build that routine into your family when your kids are very young, and create a lifelong habit of doing good.

Jenny Friedman, Founder & Executive Director of Doing Good Together™

HOW?

- * **REFLECT**
Talk about big ideas
<http://bit.ly/DGTReflect>
- * **READ**
Explore empathy and understanding through books
<http://bit.ly/DGTRRead>
- * **PRACTICE**
Integrate daily kindness into your family culture
<http://bit.ly/DGTPractice>

2

VOLUNTEER TOGETHER

Work together as a family to meet immediate community needs



HOW?

- * **BROWSE**
Our growing list of kid-friendly service projects
<http://bit.ly/DGTPickAProject>
- * **SUBSCRIBE**
To our city-specific Family Volunteer Listings
<http://bit.ly/DGTSignUp>

3

JOIN OUR COMMUNITY

Being part of a group – even a virtual group – keeps you motivated⁽³⁾



HOW?

- Sign-up for...
- * **NEWSLETTER & BLOG**
Full of creative tools
<http://bit.ly/DGTSignUp>
- * **MEMBERSHIP CIRCLE**
Take it even further
<http://bit.ly/DGTMember>
- * **SOCIAL MEDIA**
Find and follow us!

4

LET US BE YOUR EXPERTS

We'll help foster a culture of kindness and service in your school, faith community parent group, business or organization



HOW?

- We offer...
- * **DGT FAMILY SERVICE FAIRS**
We can help organize your event
<http://bit.ly/DGTFSF>
- * **ENGAGING WORKSHOPS**
Fun and full of tips for parents or educators
<http://bit.ly/DGTworkshops>
- * **ONE-ON-ONE CONSULTATIONS**
For nonprofits or businesses interested in helping families volunteer
<http://bit.ly/DGTConsult>

Created by Doing Good Together™. For more simple tools to make empathy and "giving back" a natural part of life's early lessons, visit DoingGoodTogether.org.

Sources:
1. The Children We Mean to Raise (Making Caring Common Project, Harvard University, 2014) <http://mcc.gse.harvard.edu/resources-publications/research-report>
2. Changes in Dispositional Empathy in American College Students Over Time: A Meta-Analysis (Sara Konrath, et al., 2010) <http://psr.sagepub.com/content/15/2/180>
3. Mere Belonging: The Power of Social Connections (Gregory M. Walton, et al., 2012) <http://psycnet.apa.org/journals/psp/102/3/513/>