

Getting kids to donate old toys



After the holidays, many families find their house overrun with toys. If your kids received new toys as gifts and have old toys they don't use anymore, consider donating the toys to families in need.

Unfortunately, it's not always easy to do this. Many parents find that children struggle to give up old toys. Even if they haven't touched it in months, they may be unwilling to give the toy away.

The American Academy of Pediatrics suggests these tips to get kids on board:

- *Make giving a part of family life.* Try volunteering for a local charity as a family throughout the year. Talk to the kids about causes you support.

- *Talk to the kids about ways to give.* Talk to your child about local charities that could use their old toys. A church nursery, children's shelters, a child care center, and children's hospitals are just a few options.
- *Ask for the kids' help.* Take some time to sort through old toys with your child. Try the "give one, keep one" approach so they can decide for themselves what stays and what goes.
- *Only donate toys that are safe, not broken, and clean.*

Tips for teaching gratitude to kids



- *Do small things for friends or neighbors.* Have your children bring fresh food to a neighbor who lives alone, or help them rake leaves without asking for anything in return.
- *Talk to them about what they are thankful for each day.* This can help parents too.
- *Say "thank you" to others whenever appropriate.* This helps them learn by following your example.
- *Send thank-you notes* and teach kids to send them after receiving birthday or holiday gifts.
- *Have them do age-appropriate chores.* This gives kids an idea of all the work it takes to keep a household running.