

SOMETHING TO WORK ON!



SUPPORTING THE YOUTH

There are plenty of ways we can help the youth; finding what works best for you is key. Now if you have young kids of your own, it goes without saying that it's important for you to make time regardless of any personal inconveniences. The following suggestions will hopefully jumpstart you into finding the right time and ways to show you care.

Personal Time and Attention

For those of you who have direct access to kids on a regular basis, whether they are your own or family members or neighbors, carve out some one-on-one time. Find activities that allow you and them to not only have fun but to also talk. Here are some ideas for starters:

- Reading stories to the little ones. This helps them learn as well as helps with bond building.
- Doing activities with the youth. This could include playing games, going to the park, shooting some hoops, getting your nails done together, playing dolls, doing science experiments, building legos, etc. This allows them to see the fun side of you and makes you more relatable, which helps them to feel more comfortable talking with you on other things. You are never too old or too grown to have some fun with the youth.
- Watching movies together and discussing what it was about after the movie is done. This allows you to strengthen your conversation relationship and get a better understanding of their perspectives and how they think.

Volunteering and Supporting

There are a lot of youth organizations out here that are doing their part to be there for our youth. We can do our part by either getting the youth in our lives involved, volunteering ourselves, and/or donating to the cause. We also need more parents and community members to become more active at the local schools. Whether supporting the fundraisers or coming to games and events, community involvement in the local schools not only benefit the children, but also the community at large. With all the organizations out here, make sure to do your research and find ones that speak to you and the youth in your life.

You must find what method works best for you, but whatever you do, please get involved. Our youth are counting on you.





ONE LAST THING

If you haven't signed up to be a subscriber, please go to www.ceejaywood.com and click on "subscribe". It's free and worth your while. I'd love to hear from you, so please feel free to reach out with blog topics and questions.

Until Next Time.....