

Throughout the 12 months of 2010, each month we will highlight one of the character traits espoused by the 12 points of the Scout Law. As members of the Scouting movement these are more than just words, but they are Words To Live By. Use these installments as a discussion tools with your child to reinforce the *Values of Scouting*.

Our third installment for March is Helpful.

Webster defines helpful as: of service or assistance

### **From eHow.com – How to Raise a Helpful Child by Carolyn Williams**

Parenting is a constant balancing act. You want your children to be helpful, but you also want the work done to your standard. Read on for some suggestions on how to raise a child who is helpful.

Step 1 - Start early. The earlier you involve your child in helping, the more successful you will be. You can't expect a seven year old to suddenly help out. While he may be physically and developmentally capable, he hasn't any practice or expectation of doing the work. Start with your toddler and you will have much better results.

Step 2 - Praise often. Helping out is a big source of pride for children. Not only does it help their independence, but it's also a great opportunity to grow their self esteem. Notice what your children are doing to help out and thank them for their efforts.

Step 3 - Be realistic with what to expect. Children may not have the physical dexterity or developmental capacity to complete all tasks well, but their efforts will pay off. Gauge your expectations to the idea that you're raising them to help out rather than immediately benefiting from the results of their help.

Step 4 - Give them age-appropriate tasks. Give a seven year old a chance to vacuum. Have your nine year old fold clothes. But don't expect too much of the younger aged children. Or perfection from the older children. They're still learning and will benefit most if you carefully select their task.

## **How to Be Helpful**

People love to help others--it is one of the most natural things. However, few know how to be helpful without being offensive. Not too many people want to ask for help. They are more comfortable giving help then taking help. Therefore, we must figure out to be helpful and not offend the person we are helping. Read on to learn how to be helpful.

Step 1 - Ask if you can help. The easiest way to be helpful is to ask. Suppose someone invites you to their home for dinner. One of the first things that you should say is "Is there anything I can do to help". Now most people are going to say "No" because they think you are only being polite, but occasionally you will find someone who will give you something to do.

Step 2 - Look around and see if there is something that needs doing. Again you are at that person's house for dinner and you notice the table isn't set, so you casually say, "if you tell me where your dishes are I can set the table for you." This is a little pushy but not usually considered offensive.

Step 3 - Volunteer to clear the table. Most people appreciate the help, but are too polite to say that you should help because you are a guest. However, if you just jump in and start to help it will be noted and you will be considered helpful.

Step 4 - Make yourself at home. If you are visiting good friends don't stand on ceremony and make them wait on you especially if you know where to find what you want. If you are asked if you would like something to drink instead of just replying "yes" you could say "yes and if it's alright with you I can get it myself." This way you are asking permission but being helpful at the same time especially if your host is trying to do hundred of other things.

Step 5 - Apply these simple steps in other situations. This is the easiest way to be helpful. Understand the situation and assess what needs to be done and offer to do it or jump in and do it but always keep your host informed every step of the way. You can tell a polite "No" from a firm "No." So take the hint and learn that sometimes you can be helpful by doing nothing

For fun, use this link to see Scouting's ad for Helpful on You Tube.

<http://www.youtube.com/watch?v=3gCOWuOUK1Y>

You can have everything in life that you want if you will just help enough other people get what they want. - Zig Ziglar

In the same degree you are helpful, you will be happy. - Karl Rieland

Before you speak ask yourself if what you are going to say is true, is kind, is necessary, is helpful. If the answer is no, maybe what you are about to say should be left unsaid.  
- Bernard Meltzer

If the human race wishes to have a prolonged and indefinite period of material prosperity, they have only got to behave in a peaceful and helpful way toward one another.  
- Winston Churchill

Refusing to ask for help when you need it is refusing someone the chance to be helpful.  
- Ric Ocasek

I've always said that the better off you are, the more responsibility you have for helping others.  
- Carlos Slim Helu

An attitude of gratitude creates blessings. Help yourself by helping others. You have the most powerful weapons on earth, love and prayer. - John Templeton

No one can pass through life, any more than he can pass through a bit of country, without leaving tracks behind, and those tracks may often be helpful to those coming after him in finding their way. -**Sir Robert Baden-Powell**