

How to Help Kids Learn to Love Giving

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The Huffington Post:

During the holidays, opportunities abound to help kids understand why and how to help people in need, with food drives proliferating and countless organizations making pitches for end-of-year donations.

And there's scientific evidence that kids should be receptive to those messages: Research suggests that they have a deeply rooted instinct to share and to help others, from the time they're very young—one study even found that toddlers enjoy giving to others more than they like getting treats for themselves. Kids, it seems, have a strong, natural drive to be kind and generous.

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“I think helping our kids experience the happiness that comes from giving to others is probably one of the most valuable ways we can nurture generosity in them,” says Lara Aknin, an assistant professor of psychology at Simon Fraser University in Canada (and the one who led the study suggesting that giving makes toddlers happier than getting). “It sets off this positive cycle: Giving makes people happy and happiness promotes giving.”

Read the whole story: [*The Huffington Post*](#)