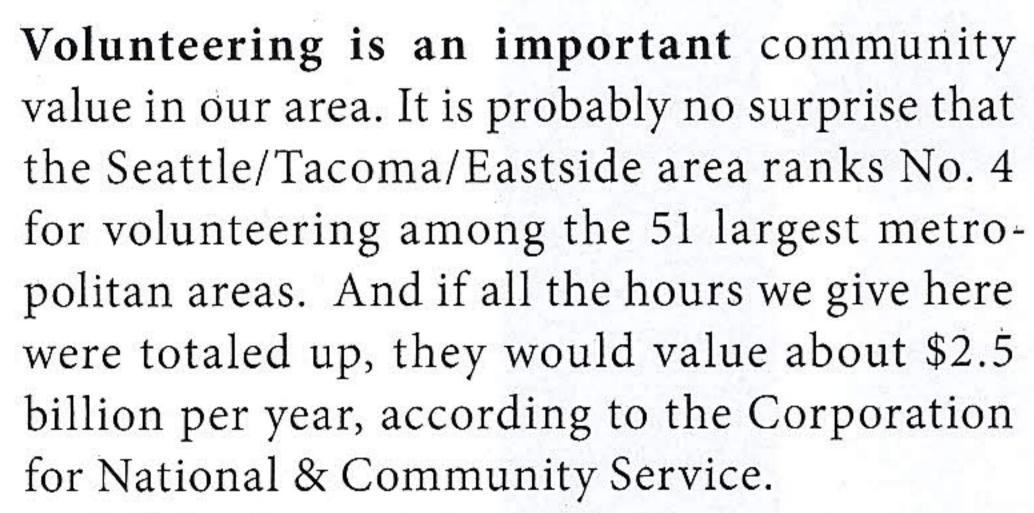


KIDS CAN VOLUNTEER to make a difference



With that spirit of giving so strong, it makes sense that many parents are looking for ways to help their kids grow up with a commitment to service to others. The East-side has two amazing nonprofits working with just that goal in mind: kidServe Seattle and Kids Without Borders.

KIDSERVE SEATTLE

Based in Bellevue, kidServe Seattle is the brainchild of Rachael Podolsky. Hoping to find a way to help her own kids volunteer,

"ACTS OF KINDNESS

CAN START FROM

-SON MICHAEL PHAM

HOME."

Podolsky wished someone would create an organization that linked children with service opportunities. Eventually, she decided to be that someone herself, and created kidServe

Seattle. The organization has a mission to promote volunteerism in children ages 5 to 12 through social, civic and environmental

Seattle partners with nonprofit organizations in the area to develop volunteering activities especially for kids, rather than just dropping kids into adult situations. "Although some younger children may not be able to totally understand the meaning of giving back, any volunteering opportunity is an open door for parents and caregivers to talk with children," said Podolsky.

Service opportunities focus on five key areas that kids can understand: animals, arts, social outreach, environmental causes, and health and wellness.

Volunteering opportunities range from helping put together and serve food through Operation Sack Lunch to doing an arts activity and playing with other kids at the Hope Place Women and Children's Center.

Although Podolsky already has gotten

interest in starting kid-Serve branches around the country, she is focusing on making this one a success. "Our goal for young children is to get a great feeling and a sense of what it

means to give back," she says. And that is a big gift to our community. To learn more about kidServe Seattle, visit kidserveseattle.org.



Kid-Sized Eastside is a parenting column written by 425 mommies Michele Johansen and Lexie Tigre. They report on kid-friendly places, share ideas and discuss other parenting topics in Kid-Sized Eastside in every issue of 425 magazine! Want more? Check out their blog at rubyslipperguide.com

OLO COURTESY KIUS Y

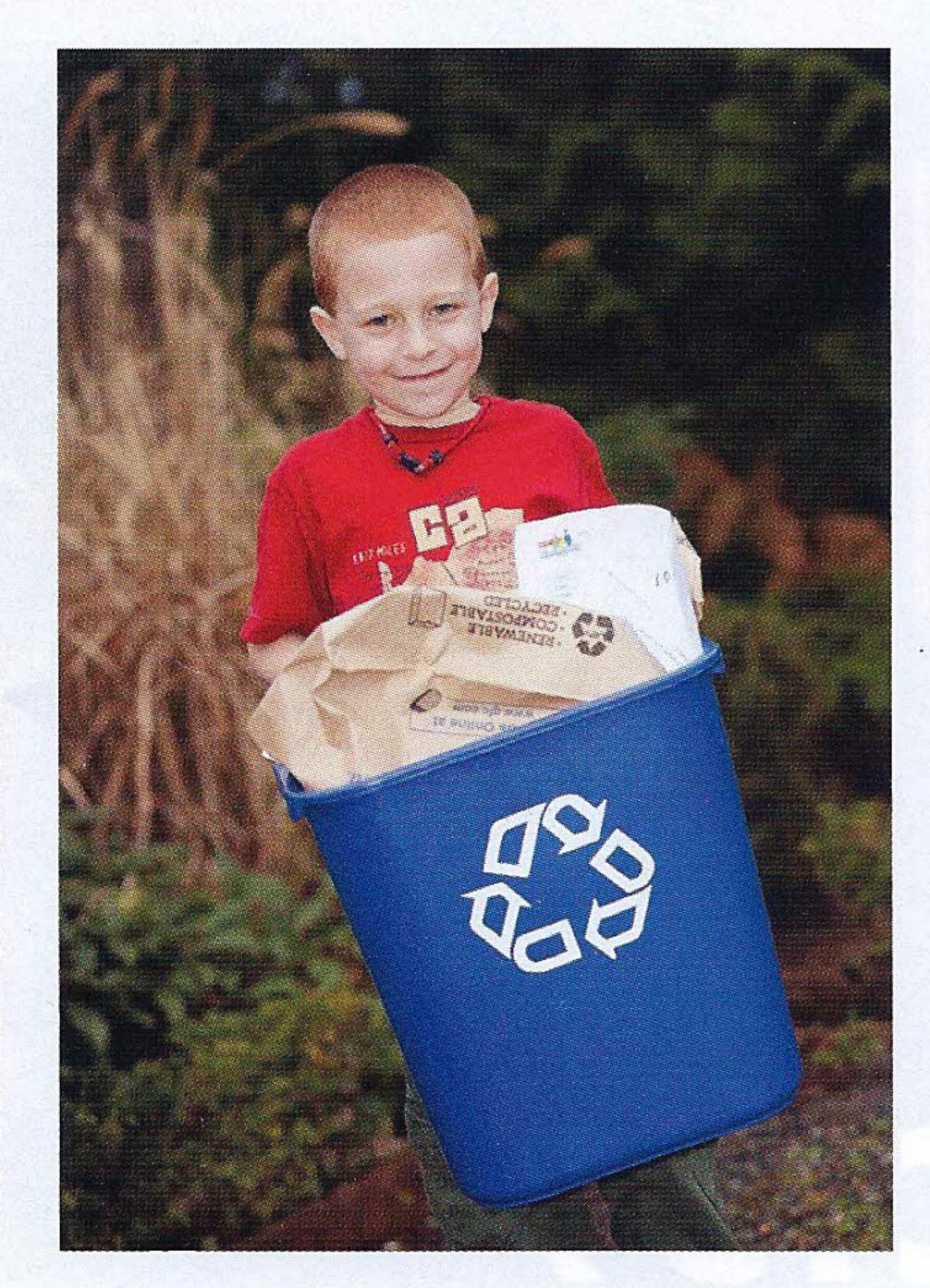
KIDS WITHOUT BORDERS

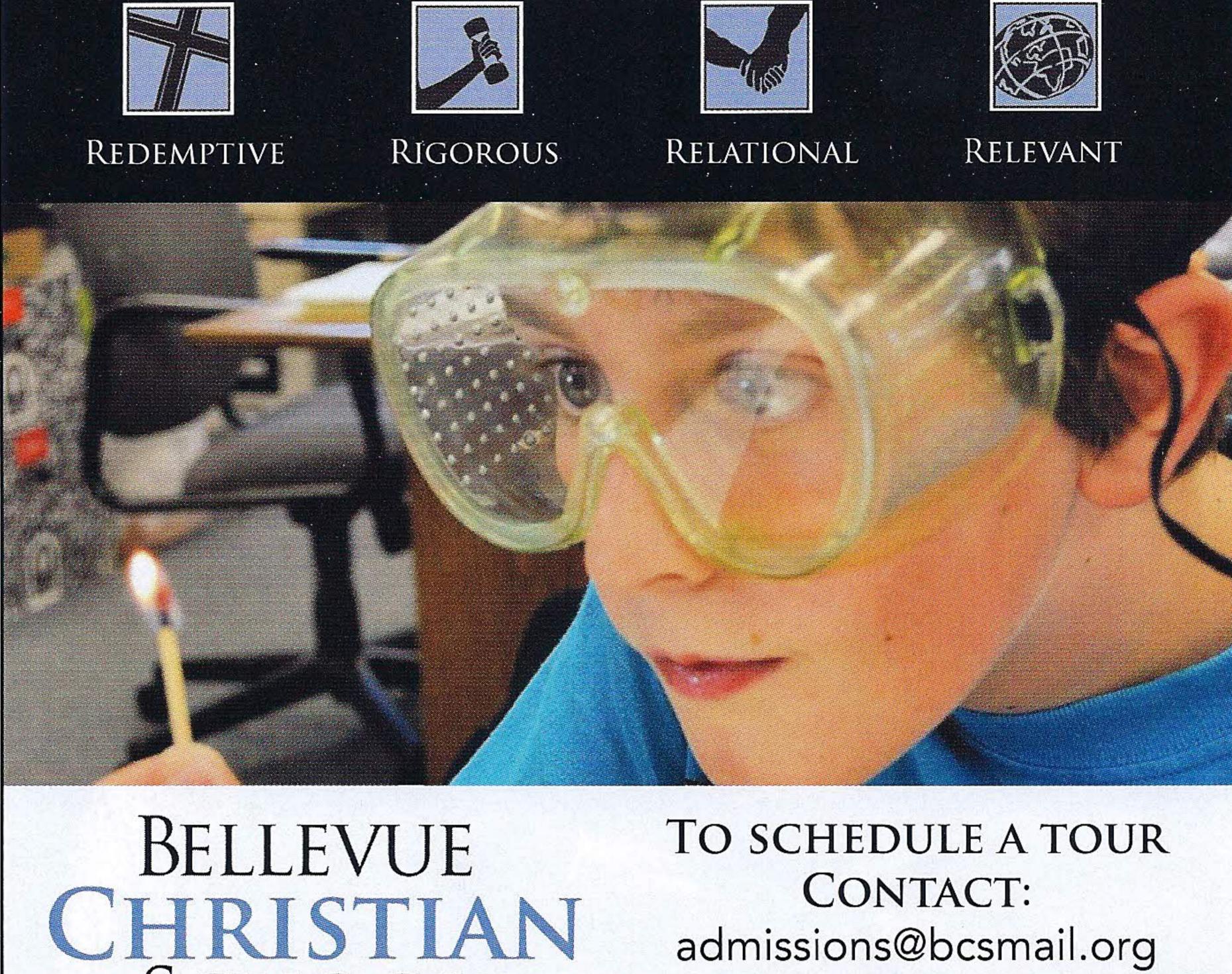
Ten years ago, Son Michael Pham created Sammamish-based Kids Without Borders with the mission of encouraging children to volunteer. He started with a clothing bank in Tukwila then expanded. It has grown into popular programs like Hand Me Up, a project in which kids collect clothes, school supplies, and toys from retailers and manufacturers. These items are then distributed to children in poverty, that are ill, or victims of accidents or natural disasters.

Pham credits his desire to help others and his involvement in children's causes to growing up in Vietnam during the war, followed by his arrival in the United States in 1975 as a refugee. He feels that starting a service organization is his way of "paying it forward." Though it began as a way for students to help others within their community, today Kids Without Borders helps children in more than 30 countries.

Not only does volunteering boost selfesteem and self-confidence in children, but Pham strongly believes that when children help other children, they will see more similarities than differences amongst themselves. And it's easy to get started. As Pham says, "Acts of kindness can start from home."

To learn more about Kids Without Borders and to find out how you can form your own service project, visit kidswithnoborders.org.





SCHOOL

or 425.454.4402 x215

Campuses in Woodinville and BellevuePreschool through 12th Grade

www.DISCOVERBCS.org

FAMILY LAW OFFICES O'BRIAN & ASSOCIATES

FAMILY LAW REPRESENTATION WITH YOUR NEEDS IN MIND



- Divorce (dissolution)
- Child Support
- Parenting/Custody
- Paternity
- Collaborative
- Document Review

Convenient Eastside Locations

Redmond Town Center Location

Bellevue Place Location

425.869.8067

425.885.3726

melodie@smobrian.com www.smobrian.com