

CAREGIVING TIPS

FOR THE SPRINGTIME

Small Acts of Kindness Make a Big Difference

Create in me a pure heart, O God, and renew a steadfast spirit within me.

Psalm 51:10

1

ORGANIZE A GROUP of friends to help an elderly neighbor with spring cleaning.

2

INVITE A FRIEND to go on a walk. Feel the sunshine on your face.

3

BRING A BOUQUET of spring flowers to a shut in.

4

Host a Jelly Bean CUPCAKE MAKING PARTY for disadvantaged kids.

5

Send a woman (who is not your mom) a MOTHER'S DAY CARD.



6

TAKE A CHILD ON A "TREASURE HUNT" to spot the first spring flowers.



7

TAKE IN A BASEBALL GAME with someone who is lonely.



For more seasonal caregiving tips, visit: wisdomofthewounded.com/seasonal-caregiving-tips

8

NEW FAMILY IN YOUR COMMUNITY? Invite them to an Easter Egg Hunt.

9

Give someone YOUR UNDIVIDED ATTENTION for 20 minutes.