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More time on your hands

Walking Towards a Cure

BY HEATHER DUBUQUE (FRIDAY, SEPTEMBER 5, 2008)

If you're looking for ways to get your family out in the community and making a difference together, consider participating in a local run or walk. In this article, Heather Dubuque, founder of The Lillian Nanny Agency, details what you need to keep in mind.



It can be challenging enough to get your child motivated to get off the couch and away from the video games, let alone to donate their time towards helping others. So, isn't it great when you can kill two birds with one stone? Absolutely!

Teaching our children the art of being selfless is not an easy task. Heck, teaching adults the art of being selfless might be even harder, **so do it as a team.** Walking, biking, and maybe even running towards a cure or to raise awareness is a great way to motivate the entire family to make a difference in someone else's life, as well as your family's.

Work together to make it a family goal. Sit down and talk about out whether or not there is an organization that really means something to you as a group. Open it up for discussion and see if there is something you can all unite around and be passionate about. You never know – your child might be drawn to a certain cause based on an experience with a friend, teacher or family member.

You can also use this time to open up the conversation about your family's health history, or to educate your children on something you think is going to be important for their future. A lot of fundraising events are also based around helping children their own age (or even younger) so you can also look for groups where they can make lasting friendships. Many events take place at local parks and zoos making it even more exciting for kids of all ages.

As a team, you can research different events, locations and even recruit others to join your team. This is a great opportunity to teach your children about goals and how to obtain them. Encourage your children to come up with a personal goal on their own and help them strategize on how they can achieve it. Once a child gets excited about something there is really no stopping them, and it's a true joy to watch the process.

If you are worried about your young ones lasting the entire distance of the event, set a distance goal with them and help them train for it. They don't have to do the whole 20 miles to make a difference; they can do the first mile and still know they accomplished something great. Then

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the following year they can train for two miles.

You can also strap your toddler into a jogging stroller or on the back of your bike and hit the road. They'll love it! Also, don't forget **there are many other ways in which you can help out with the event through volunteering efforts**. Contact the organization and see if they need help passing out water bottles or checking people in.

And, to find an event near you, check out the [CoolPeopleCare Calendar](#) for something meaningful near you.

About the Author:

Heather Dubuque is the Founder/CEO of [The Lillian Nanny Agency](#), which matches loving nannies with growing families throughout the greater Nashville, TN and Huntsville, AL areas.



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