

Children First

Helping Kids Grow Up Healthy And Strong

(NAPSA)—Helping to nurture the nation's children may be easier thanks to a new resource.

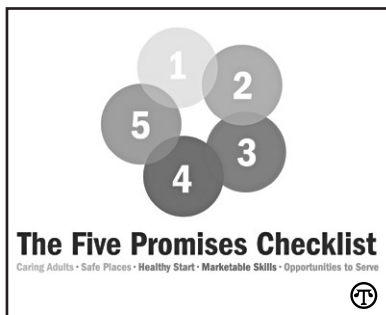
America's Promise, a national nonprofit alliance of communities dedicated to building the character and competence of our nation's youth recently announced the launch of its Five Promises Checklist, an online resource for adults seeking to have a positive impact on a child's life.

The Checklist provides tips, tools, research and resources for fulfilling the "Five Promises" that every child needs in his or her life:

1. Ongoing relationships with caring adults;
2. Safe places with structured activities during non-school hours;
3. A healthy start;
4. Marketable skills through effective education; and
5. Opportunities to serve the community.

The Checklist supplies concrete actions and steps for adults to take who make the commitment to nurture a child and fulfill one, or all, of the Five Promises. The actions and resources included are tailored to age-appropriate needs for different stages of youth development. Additionally, the Checklist provides a list of organizations and other resources that can help individuals carry out the actions.

"Given the unprecedented challenges facing young people today, there is a tremendous need for adults to participate actively in their lives," said Carolyn Berkowitz, senior vice president of community mobilization for America's Promise. "The Five Promises Checklist is a how-to guide through the stages of a child's development that shows caring adults how, with the same



The Checklist helps individuals link to what children need and the resources that help them.

amount of love and time, they can increase significantly the impact they have on a child's life."

The Checklist is a valuable resource for any caring adult, youth development professional or volunteer working with kids. "As Girl Scout councils around the country recruit new volunteers, they're placing special emphasis on engaging women 18 to 29 years old to respond to what our adolescent girls tell us they seek in advisors and mentors," said Dr. Harriet Mosatche, senior director of research and program for the Girl Scouts of the USA. "The Five Promises Checklist can be an important tool for these volunteers by providing them with valuable guidance they can use with the girls they work with."

Those interested in spearheading the local effort in their community should contact America's Promise at 703-684-4500 or local@americaspromise.org.

The Checklist is available free of charge, 24-hours-a-day, seven days a week at www.americaspromise.org/checklist or call 1-800-55-YOUTH.