THINGS TO DO:

PROVIDE ENCOURAGEMENT.
Sponsored children want to know they’re not alone.

SHARE AN ACTIVITY THAT BRINGS YOU JOY.
Sharing how you cope with stress can encourage sponsored children to develop healthy habits of their own. Have you been hiking recently? Did you learn how to knit? Write about your experience, then ask the child you sponsor about their hobbies.

TALK ABOUT THEIR DREAMS.
Remind the child you sponsor that their goals are achievable. Show you’re rooting for them!

EXPRESS GENUINE INTEREST.
Enthusiastically ask about the life of the child you sponsor. Be respectful when inquiring about their friends, family, daily routine, favorite activities and hopes for the future.

REMEMBER: KIDS ARE CURIOUS!
Share fun facts about your life and interests.

WRITE SIMPLY AND CLEARLY.
The child you sponsor may still be learning how to read, so try to use age-appropriate language they’ll understand. It’s best to avoid slang or complicated words that may be difficult to translate.
It’s important to protect children’s safety, privacy and well-being. Even a well-intentioned question can evoke feelings of fear or insecurity — so, our staff will censor any of the content below when reviewing your letter. Thank you for understanding.

**THINGS TO AVOID:**

**ASKING ABOUT HEALTH.**

**PORTRAYING A NEGATIVE OUTLOOK ON LIFE.**

**SHARING OR REQUESTING PERSONAL INFORMATION.**

Don’t ask for — or share your own — last name, address, home city/town, telephone number, email address, social media information, website or school name.

**RELIGIOUS OR POLITICAL TOPICS.**

**INAPPROPRIATE REFERENCES OR PHOTOS.**

**COMMENTING ON PHYSICAL APPEARANCE OR DEVELOPMENTAL ABILITIES.**

**OVERLY AFFECTIONATE LANGUAGE, LIKE “I LOVE YOU.”**

**POTENTIALLY OFFENSIVE CONTENT OR LANGUAGE.**

**SAMPLE LETTER**

Here’s an example to help you start thinking about what to write and how to write it:

**Dear Anna,**

I hope you and your family are doing well. I’m wishing you all the best!

My family and I live in New York in the United States. I have a daughter that’s close to your age. Her favorite subject is math. What do you like to learn about in school?

My daughter and I enjoy hiking together. Do you have a favorite hobby?

I look forward to hearing from you. Keep following your dreams!

Sincerely,

Matt

**POSTAGE**

The price of postage will vary based on the size and weight of your letter. For more information, visit PostCalc.USPS.com to calculate cost.

**REMEMBER TO:**

Include the address of the country office associated with the child you sponsor, your first name and donor ID and their first name and child ID — all available in your welcome kit or online account.

For more information on writing to the child you sponsor, visit SavetheChildren.org/Write

**QUESTIONS?**

Call us at 1-800-SavetheChildren or email supporter@ savethechildren.org.