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Basic Details Word: Helping Part of Speech: Verb (present participle of help) Meaning: To make someone or something better by providing assistance or support. Synonyms: Assisting, aiding, supporting Antonyms: Harming, hindering, obstructing Idioms and Phrases Helping hand: An offer of assistance. Example: "She gave her friend a helping hand when he was struggling with his homework." Many hands make light work: When many people help with a task, it becomes easier. Example: "With everyone cleaning the house, we finished quickly; many hands make light work." Usage Examples Example 1: The teacher was helping the students understand their maths homework. Example 2: He enjoyed helping his parents in the garden every weekend. Example 3: The volunteers were busy helping at the local shelter, providing food and support to those in need. Fun Fact Did you know that the word "help" comes from the Old English word "helpan," which means to aid or support? It has been used for centuries to describe acts of assistance! Famous Quote "The best way to find yourself is to lose yourself in the service of others." Mahatma Gandhi Multiple Choice Questions (MCQs) 1. What does "helping" mean? a) To ignore someone b) To make someone better by providing support c) To argue with someone d) To take something away Answer: b) To make someone better by providing support 2. Which of these is a synonym of "helping"? a) Hindering b) Aiding c) Stopping d) Refusing Answer: b) Aiding 3. Which word is an antonym of "helping"? a) Assisting b) Supporting c) Harming d) Providing Answer: c) Harming 4. Which sentence uses "helping" correctly? a) He was helping his friend with a difficult task. b) She was helping the sun shine brighter. c) They were helping a rock to move. d) Helping is a type of dance. Answer: a) He was helping his friend with a difficult task. 5. Which idiom signifies that teamwork makes a job easier? a) Helping hand b) All hands on deck c) A bird in the hand d) Many hands make light work Answer: d) Many hands make light work IPA(key): /hɪp/Rhymes: -ɪp From Middle English helping, helpinge, helpynge, equivalent to help + -ing, helping (countable and uncountable, plural helpings)The act of giving aid or assistance (to).She finds great joy in helping people.(countable) A portion or serving, especially of food that one takes for oneself, or to which one helps oneself.She eagerly took a second helping of ice cream.(figurative, countable) An amount or quantity.2012 June 19, Phil McNulty, England 1-0 Ukraine, in BBC Sport[1];Wayne Rooney marked his England return with the goal that secured a place in Euro 2012's last eight - but it was a rough passage eased by helpings of good fortune and controversy against Ukraine. double helpinghelping professionoath-helpingssecond helping From Middle English helpinge, helpynge, helpinde, helponde, helpand, from Old English helpende, present participle of Old English helpan (to help), equivalent to help + -ing. Cognate with Dutch helpend, German helfend, Swedish hjälpa. helpingpresent participle and gerund of help noun jump to other results helping (of something) an amount of food given to somebody at a meal synonym servinga small/generous helpingWe all had a second helping of pie.Extra ExamplesThe steak came with a healthy helping of fries.He asked for an extra helping.Would you like another helping of mashed potatoes?Topics Cooking and eatingc2Oxford Collocations Dictionaryadjectiveverb + helpingprepositionSee full entry helping (of something)The comedian is back with another helping of zany humour. See helping in the Oxford Advanced American Dictionary WordReference Random House Learner's Dictionary of American English 2025helping/hɪp/USA pronunciation n. (countable) WordReference Random House Unabridged Dictionary of American English 2025helping (helping), USA pronunciationn. the act of a person or thing that helps, a portion of food served to a person at one time:That's his third helping of ice cream. adj.giving aid, assistance, support, or the like. 11/51/225; Middle English; see help, -ing1, -ing2 helpingly, adv. Collins Concise English Dictionary HarperCollins Publishers::helping /hɪp/ n a single portion of food taken at a mealWordReference Random House Learner's Dictionary of American English 2025help/hɪp/USA pronunciation v. to provide what is necessary to accomplish a task or satisfy a need; aid; assist. [~+object]He said he'd help me with my work.[~+object (+to)+root form of verb]We helped him (to) get settled in.[~ (+to)+root form of verb]I helped (to) carry the groceries.[no object]I hope this money will help. to save; rescue:[~+object]Help me, I'm falling! to be useful or profitable to:[~+object]Your knowledge of languages will help you in your career. cannot or can't help: stop oneself from: [~+it]I can't help it if I sneezed.[~+verb-ing]I can't help teasing him about it.[~+but+root form of verb]You can't help but admire her. [~+object; usually: be+helped] to prevent or stop:The disagreement could not be helped. to (cause to) bring about improvement: [~+object]A new rug might help the room.[no object]I've tried those aspirins, but it doesn't help. Idioms to serve oneself with: [~+oneself]Do you want some cake? Help yourself.[~+oneself+to+object]Help yourself to the cake. [~+oneself+to+object] to take or use:She helped herself to the pencils on my desk. [~+oneself+to+object] to take or use without asking permission:just helped himself to whatever money had been left around. to wait on (a customer):[~+object]"How may I help you?" asked the salesclerk. help out, to assist during a time of need: [no object]Maybe this money will help out a little.[~+object+out]Can't you help him out? [~+out+object]She helps out everyone who comes to her. n. aid; assistance:(uncountable)If she needs help, tell her to call me. a person or thing that helps:(countable)You were a tremendous help after the fire. assistants or employees when thought of as a group:(uncountable)hired new help at the shop. a means of dealing with something:(uncountable)There is no help for the problem now. interj.The word is used to call for assistance or to attract attention:"Help!" she called. "I can't get up." Idioms Idioms so help me (God), I am speaking the truth; on my honor, helper, n.(countable) WordReference Random House Unabridged Dictionary of American English 2025help (help), USA pronunciationv. t. to give or provide what is necessary to accomplish a task or satisfy a need; contribute strength or means to; render assistance to; cooperate effectively with; aid; assist:He planned to help me with my work. Let me help you with those packages. to save; rescue; succor:Help me, I'm falling! to make easier or less difficult; contribute to; facilitate:The exercise of restraint is certain to help the achievement of peace. to be useful or profitable to:Her quick mind helped her career. to refrain from; avoid (usually prec. by can or cannot):He can't help doing it. to relieve or break the uniformity of:Small patches of bright color can help an otherwise dull interior. to relieve (someone) in need, sickness, pain, or distress. to remedy, stop, or prevent:Nothing will help my headache. to serve food to at table (usually fol. by to):Help her to salad. to serve or wait on (a customer), as in a store. v.i.to give aid; be of service or advantage:Every little bit helps. Idioms cannotorcan't help but, to be unable to refrain from or avoid; be obliged to:Still, you can't help but admire her. Idioms help oneself to: to serve oneself; take a portion of:Help yourself to the cake. to take or use without asking permission; appropriate:They helped themselves to the farmer's apples. Help yourself to any of the books we're giving away. help out, to assist in an effort; be of aid to:Her relatives helped out when she became ill. Idioms so help me, (used as a mild form of the oath "so help me God") I am speaking the truth; on my honor:That's exactly what happened, so help me. n.the act of helping; aid or assistance; relief or succor. a person or thing that helps:She certainly is a help in an emergency. a hired helper; employee. a body of such helpers. a domestic servant or a farm laborer. means of remedying, stopping, or preventing:The thing is done, and there is no help for it now. Slang Terms[Older Use.]helping (def. 2). interj.(used as an exclamation to call for assistance or to attract attention.) def. 900; Middle English helpen, Old English helpan; cognate with German helfen helpable, adj. 1. encourage, befriend; support, second, uphold, back, abet. Help, aid, assist, succor agree in the idea of furnishing another with something needed, esp. when the need comes at a particular time. Help implies furnishing anything that furthers one's efforts or relieves one's wants or necessities. Aid and assist, somewhat more formal, imply esp. a furthering or seconding of another's efforts. Aid implies a more active helping; assist implies less need and less help. To succor, still more formal and literary, is to give timely help and relief in difficulty or distress:Succor him in his hour of need. 3. further, promote, foster. 6. ameliorate. 7. alleviate, cure, heal. 16. support, backing. 3. 11. hinder. 7. afflict. 17. hindrance. 12. Help but, in sentences like She's so clever you can't help but admire her, has been condemned by some as the ungrammatical version of cannot help admiring her, but the idiom is common in all kinds of speech and writing and can only be characterized as standard. Collins Concise English Dictionary HarperCollins Publishers::help /hɪp/ vb to assist or aid (someone to do something), esp by sharing the work, cost, or burden of something; he helped his friend to escape, she helped him climb out of the boat to alleviate the burden of (someone else) by giving assistance (transitive) to assist (a person) to go in a specified direction: help the old lady up from the chair to promote or contribute to: to help the relief operations to cause improvement in (a situation, person, etc): crying won't help (transitive; preceded by can, could, etc; usually used with a negative) to avoid or refrain from: we can't help wondering who he is (usually followed by it) to prevent or be responsible for: I can't help it if it rains to alleviate (an illness, etc) (transitive) to serve (a customer): can I help you, madam? (transitive) followed by to: to serve (someone with food, etc) (usually in the phrase help oneself): may I help you to some more vegetables?, help yourself to peas to provide (oneself with) without permission: he's been helping himself to money out of the petty cashcannot help but to be unable to do anything else except: I cannot help but laughhelp a person off with to assist a person in the removal of (clothes)help a person on with to assist a person in the putting on of (clothes)so help me on my honour no matter what: so help me, I'll get revenge n the act of helping, or being helped, or a person or thing that helps: she's a great help a helping a person hired for a job; employee, esp a farm worker or domestic servant (functioning as singular) several employees collectively a means of remedy: there's no help for it interj used to ask for assistanceEtymology: Old English helpan; related to Old Norse hjalpa, Gothic hilpan, Old High German helfanhelpable adj helper n noun (2)adjective (1)View synonyms for helpinga single portion of food taken at a mealCollins English Dictionary Complete & Unabridged 2012 Digital Edition William Collins Sons & Co. 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