

Asset-Building Ideas for Parents, Guardians, and Extended Family

- ◆ Post the list of 40 Developmental Assets® on your refrigerator door. Each day, do at least one assetbuilding thing for each family member.
- ◆ Connect with other parents who are interested in asset building. Form relationships in your neighborhood, on the job, through a congregation, or through a parent education organization.
- ◆ Regularly do things with your child, including projects around the house, recreational activities, and service projects. Take turns planning activities to do together as a family.
- ◆ Eat at least one meal together as a family every day.
- ◆ Negotiate family rules and consequences for breaking those rules, and talk about expectations for positive behaviors and attitudes.
- ◆ Develop a family mission statement that focuses on building assets. Then use it to help you make family decisions and set priorities.
- ◆ Talk about your values and priorities, and live in a way that is consistent with them.
- ◆ Give your children lots of support and approval while also challenging them to take responsibility and gain independence.
- ◆ If you are parenting alone, look for other adult role models of both genders who can be mentors for your children.
- ◆ Nurture your own assets by spending time with people who care about you and are supportive. Also, take opportunities to learn new things, contribute to your community, and have fun. You'll take better care of your children if you take care of yourself.
- ◆ Think about the way you were parented and how that affects your relationships with your children. If there are parts of your relationship with your parents that were very difficult or that get in the way of your parenting, consider talking with someone about these issues.
- ◆ Don't let anyone in your family (including yourself) watch too much television. Find other interesting and meaningful activities for your children to do—some with you, some with their friends, some by themselves.
- ◆ Learn as much as you can about what your kids need at their current ages.
- ◆ Recognize that children need more than just financial support. They also need emotional and intellectual support. Balance family time with other priorities like work, recreation, and hobbies.
- ◆ Don't wait for problems to arise before talking with your children's teachers. Keep in regular contact with them about how your children are doing and what you can do to help your children learn.
- ◆ Think of teenagers as adults in training. Teach them something practical, such as how to change a tire on the car, prepare a meal, or create a monthly budget.
- ◆ Be aware of differences in how you relate to your children. Are you more comfortable with one gender? If so, why? What impact does that have in your family?
- ◆ Talk to your children about the 40 Developmental Assets. Ask them for suggestions of ways to strengthen their assets.
- ◆ Do intergenerational activities with extended family and with other neighborhood adults and families.
- ◆ Be an asset builder for other young people in your life.
- ◆ Remember that you are not alone. Other asset builders in your children's lives may include coaches, child-care providers, religious education teachers, club leaders, and neighbors. Work with these people to give kids consistent messages about boundaries and values.

This handout may be reproduced for educational, noncommercial uses only (with this copyright line). Adapted from *Pass It On! Ready-to-Use Handouts for Asset Builders*, 2d ed. Copyright © 2006 by Search Institute®; 800-888-7828; www.search-institute.org.