



WEEK #3

SEPTEMBER 13, 2009

FAMILY SUPPORT

Kids feel loved and supported in their family.

"Kids who succeed have specific assets in their lives—not financial assets, but *developmental* assets that include family support, a caring neighborhood, self-esteem and resistance skills. The *more* assets young people have, the *less* likely they are to lose their way and get into trouble." *

Search Institute has identified 40 developmental assets that are building blocks of healthy development to help young people grow up to be healthy, caring and responsible. They may seem like small things, but together they build a **mountain** of success for the Lenawee's youth.

What can you do to increase this Asset?

At home:

- Set aside at least one evening per week for family activities. Brainstorm as a family things you might like to do, then agree on which ones to try. Be open to ideas from all family members, and be willing to share your children's interest.
- Spend one hour a week with each child alone. Take a walk, listen to music, or just hang out.

At school:

- During school conferences and parent meetings, focus on the positive.
- Educate parents on how to be supportive of their children. Check with your school counselor or social worker for suggestions.

In your congregation:

- Sponsor celebrations of children and families.
- Regularly offer parent education as part of the congregation's educational programs.

In your community:

- When children call their parents—at the office, the community center, the club, or wherever—make it a priority that parents receive the call.
- Offer workshops for parents on positive parenting skills.

What youth can do:

- Treat family members the way you would like to be treated.
- Do your part to make your home a place where you feel comfortable.

* From *What Kids Need to Succeed* by Peter Benson, Ph.D., Judy Galbraith, MA, and Pamela Espeland.
Reference Developmental Asset #1

Learn about another Asset next week!

Do you have ideas on How To Build Assets? Need More Information? Contact:
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