

### 40 Developmental Assets

Research shows that an effective approach to raising healthy, competent kids is to concentrate on building Developmental Assets. These are 40 building blocks and life experiences that all children and youth need to thrive.

The more assets your kids have, the more likely they are to grow into healthy, caring, and responsible adults.

There are probably lots of ways you

### Ways to be intentional about asset building:

- Post the list of 40 Developmental Assets on your refrigerator door.
- Regularly do things with your child
- Eat at least one meal together as a family each day.
- Talk about your values and priorities, and live in a way that is consistent with them.
- 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.

### Ways to be intentional about asset building:

Remember that you are a role model in the eyes of young people. Give your children lots of support and approval while also challenging them to take responsibility and gain independence.

Catch kids doing things right – tell them how great they are!

If you are parenting alone, look for other adult role **models** who can be mentors for your children.

### Ways to show your kids you care:

- **Express care** – show them that they matter to you.
- **Provide support** – show interest and help them to complete tasks and achieve goals.
- **Challenge growth** – encourage them to keep getting better.
- **Share power** – treat them with respect and give them a say.

### MORE RESOURCES

[www.searchinstitute.org](http://www.searchinstitute.org)

[www.keepconnected.searchinstitute.org](http://www.keepconnected.searchinstitute.org)

[www.sparcreddeer.ca](http://www.sparcreddeer.ca)

Information on mental health, community supports, programs and services in your area: