

## Building Blocks for Children and Teens

### What are Developmental Assets?

Developmental Assets are common sense experiences and qualities that help young people make healthy choices. These building blocks support youth to become caring, responsible, successful adults. Developmental Assets helps parents intentionally build their child's strengths and talents.



Following are some ways to build your child's assets on a daily basis:

- Ask how your child is doing
- Listen to your child with your full attention when they are talking to you
- Be a role model, act responsibly
- Model honesty with your spouse, children and in your business endeavors
- Provide your child with the opportunity to contribute to your family
- Talk about what they learned, liked and didn't like at school today
- Tell them about your day
- Monitor what they are doing i.e. school work, activities and friends
- Limit screen time
- Provide opportunities for your child to grow and learn both mentally, physically and spiritually
- Tell your child one thing each day that you love or appreciate about them

For more information on the 40 Developmental assets go to [www.search-institute.org](http://www.search-institute.org)

Adapted from *When Parents Ask For Help: Everyday Issues through an Asset-Building Lens*, Search Institute, 2003.

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