

Healthy Kids Asset Tip #1: Family Support

Family activities reinforce family support. Children feel love and safety in their family. Strengthen these feelings by giving more hugs, verbal reinforcement and by participating in family activities. Be your child's biggest fan and don't assume that your kids know how much you love them; support them and tell them.

Healthy Kids Asset Tip #2: Positive Family Communication

Take a walk with your kids and *listen*. Participate in family activities –the more the family does together, the more the family has to talk about. Talk about your day. But more importantly, listen to your child's day –what they did, what they thought. Frequent positive family conversations leads to trust and support.

Healthy Kids Asset #3: Other Adult Relationships

Get to know the coach! Besides attending your child's activities, get involved with them as well. Many adults have an impact on your child's life, get to know them. Identify the adults who regularly interact with your child, such as their teachers, neighbors and coaches, and express your appreciation for their care, dedication and interest in your child.

Healthy Kids Asset #4: Caring Neighborhood

It takes a whole *neighborhood* to raise a child. Children feel that neighbors support them, encourage them and care about them. Become an active part of your neighborhood by getting to know your neighbors and encouraging your kids to find ways to serve in your neighborhood.

Healthy Kids Asset #5: Caring School Climate

Schools provide education; they also provide a safe environment. Most children spend a minimum of 40 hours a week at school and after-school care. Get to know the facilities, the programs that are offered, the teachers and staff and other students. The more you know, the safer the environment.

Healthy Kids Asset #6: Parent Involvement in School

Beyond lunchtime, naptime and recess your child has a favorite part of school –their friends and teachers. Volunteer in the classroom; get involved more than just helping your child with their homework. Let your child’s teachers know how much you appreciate them. Also let your child know that you are there for them.

Healthy Kids Asset #7: Community Values Youth

Youth programs can help a child find their spot in the community. The community values young people. Make sure your child knows this by discussing how your town helps children prosper and what your child can do to get involved. Attend youth programs and community events as a family to improve your child’s perceptions of the community.

Healthy Kids Asset #8: Youth as resources

Everyone has a gift –encourage your child to share his or her talents and gifts with others. Have your child volunteer and help out with chores; assist a younger sibling with their homework, help a friend with their batting skills or teach an adult how to navigate the Internet. Remind your child of their uniqueness.

Healthy Kids Asset #9: Service to Others

Be a role model to your children by serving others. Make a family activity out of volunteering. Have your children involved in the brainstorming phase and in talking about it after it is finished. The benefits include personal satisfaction, learning to get along with others, acquiring new skills, coming into contact with different people, learning patience and making a difference in the world; most importantly, spending some time with your child.

Healthy Kids Asset #10: Safety

Do unto others as you would have done unto you. Create a caring atmosphere by modeling a loving, respectful behavior toward your family members, friends and neighbors. Your children will take note of your actions and model them as well. By being a good role model for your children you are helping to create a safe environment.

Healthy Kids Asset #11: Family Boundaries

Do as I say; do as I do. Set clear rules and consequences for your child's behavior –stick with them and follow them yourself. A family that is on the same page with household rules are more cohesive with respect and understanding for one another.

Healthy Kids Asset #12: School Boundaries

A school is where students are free to learn. Help your child learn, know and understand the student code of conduct put together by the school to ensure their learning atmosphere. Support your child's school boundaries, consequences, and expectations for students' behavior so your child will support it as well.

Healthy Kids Asset #13: Neighborhood Boundaries

You shall love your neighbor as yourself. Neighbors take responsibly for monitoring young people's behavior. Help to set neighborhood standards for safety, noise and other issues. When children know the rules and know that the whole neighborhood is in support of them, they are more likely to follow them.

Healthy Kids Asset #14: Adult Role Models

Parents and other adults model positive, responsible behavior. Always remember that you are your child's most important role model. Set high standards for yourself and follow them –even during difficult times. Treat your child with love and respect, so that your child will treat others with love and respect.

Healthy Kids Asset #15: Positive Peer Influence

Be a friend... to your child's friend. Invite your child's friends to the house, get to know their parents and also why your child likes them so much. Resist the urge to criticize friendships that seem negative. Many kids get defensive about friends their parents don't like. This makes them even more determined to maintain the friendships. Instead, focus on the positive.

Healthy Kids Asset #16: High Expectations

Expect the best from your child –each according to his or her unique abilities. When expectations are high yet still within reach, children will stretch to achieve them. And ask your child what he or she expects from themselves. Allow your child to make mistakes and learn from them –life experiences are the best lessons learned.

Healthy Kids Asset #17: Creative Activities

Encourage your child to try something new –whether it be painting, playing the piano or joining a choir. Assist your child’s creative growth by supporting their talent, not necessarily their out-come. Make time for their practice and their performances. Creative activities are just as important as physical activities.

Healthy Kids Asset #18: Youth Programs

Active children make healthy children; get your child involved in youth sports. Help him or her find a program that complements his or her interests and talents. Encourage your child to join a program and then ask for a commitment to the program so that your child does not drop out prematurely. Youth sports can create accountability.

Healthy Kids Asset #19: Religious Community

Grow spiritually as a family. Be apart of your child’s spiritual growth. Challenge yourself to learn so when your child approached you with questions you can have the answers, or you can look the answer up together. Don’t just drop your children off at classes and services; be involved.

Healthy Kids Asset #20: Time at Home

Make time at home valuable time. Between work, school, youth sports and church family time at home can be few and far between but when it does happen –make it fun for everyone. Spend time together doing things you all enjoy such as riding bikes, playing games or having a movie night.

Healthy Kids Asset #21: Achievement Motivation

School is cool. Clearly communicate to your child that you value learning –that you think school is important, and you want and expect them to take it seriously. Encourage your kids to do their best at school, but don't expect perfection – leave room for mistakes.

Healthy Kids Asset #22: School Engagement

Make learning a family affair by providing a learning environment at home. Express an interest in your child's day; make sure your child eats a good breakfast and gets a good night sleep; make it a point to attend school conferences and special events; limit TV watching and have books and magazines laying around. When you make a school a priority, so will your child.

Healthy Kids Asset #23: Homework

After school lets out but before the sport games, is the homework. Work with your child to set up a regular homework schedule then respect it. Arrange dinner and family events around the homework schedule. Show respect for your child's school and teachers by respecting his or her homework and helping out when needed.

Healthy Kids Asset #24: Bonding to School

School spirit equals self-pride. Encourage your child to participate in activities that boost school spirit either by joining a club or organization or playing a sport. By increasing school spirit you will increase your child's self-pride, self-esteem and self-worth.

Healthy Kids Asset #25: Reading for Pleasure

Model reading for pleasure. Talk with your children about what you are reading; make your enthusiasm for reading obvious to them. Explain how reading gives you pleasure while helping you learn about life and the world. Make family trips to the library and discuss why you picked the book you picked and when you have finished reading it, discuss what you have learned.

Healthy Kids Asset #26: Caring

You can make a difference too! It is inspiring for children to see parents helping others. Volunteer at the local food pantry, shelter or soup kitchen for the homeless people. The more you give the more you get in return –respect, self-esteem, self-worth and the satisfaction that comes from having an open hand and an open heart.

Healthy Kids Asset #27: Social Justice and Equality

You can't stop a war or save a nation, but you can make a difference. In an effort to appreciate your life and teach value to your child, educate your family about different countries –both more fortunate and less fortunate than the United States. Get involved with local organizations. Every effort, however small it may seem, has the potential to profoundly change someone else's life –and yours.

Healthy Kids Asset #28: Integrity

Model integrity in your daily life. Talk openly about what you believe and value, then act on what you say. Try to surround yourself with people of integrity –friends who act on their convictions and stand up for their beliefs. When it comes to building positive values, you are your child's most important teacher.

Healthy Kids Asset #29: Honesty

Honesty leads to accountability, a good reputation, more privileges and freedom. Be honest with your family, friends, neighbors, strangers and yourself. Honestly acknowledge feelings. Honestly admit to success and mistakes. Never punish your child for being honest with you.

Healthy Kids Asset #30: Responsibility

Be responsible for your own actions and teach your child to do the same. When a child learns about responsibility he or she will slowly begin to take on new responsibilities. Break new tasks into smaller steps and teach them one by one until your child can take responsibility for the entire task alone. Responsible kids lead to responsible adults.

Healthy Kids Asset #31: Restraint

Restraint requires strength and support; help your child be strong by talking to him or her openly about sex, drugs and alcohol. Be clear about your boundaries, values and reasons. Most children know about the topics, but understand and respect them more when they hear it from their parents.

Healthy Kids Asset #32: Planning Decision

Prepare for the future. Give your child increasing responsibility for planning his or her own future. It is never too early to open a savings account or have a summer job, even if it is selling lemonade or walking dogs. Prompt good planning by asking questions, but do not take over the planning process.

Healthy Kids Asset #33: Interpersonal Competence

Friendships are built on empathy and sensitivity: understanding that other people have needs and feelings, and being aware and responsive. Empathy begins by deciding how you want to be treated and understanding that others want to be treated the same. Your child has empathy, sensitivity and friendship skills; help him or her build those skills by encouraging positive friendships.

Healthy Kids Asset #34: Cultural Competence

Be proud of who you are. Know and teach your child about your family history. When a child knows who he or she is, it will be easier for that child to know where he or she is going. Encourage your child to form friendships with different kinds of people. Valuing and appreciating diversity is an essential step toward eliminating bias and prejudice and understanding one's self.

Healthy Kids Asset #35: Resistance Skills

Know what you believe, so that your child will believe in it as well. Before you can decide what you will not do, you need to be clear on what you believe and why. A child that is on the same page of beliefs as their parents is less likely to give in to peer pressure, and more likely to stand up for themselves.

Healthy Kids Asset #36: Peaceful Conflict Resolution

Violence is not the answer. Many conflicts fade away when people really listen to each other. So listen to your child, listen to your spouse, and listen to your friends. Giving equal, positive treatment to everyone in your life will model peaceful actions for your child.

Healthy Kids Asset #37: Personal Power

Take control of your actions. Help family members form healthy lifestyle habits such as eating right, exercising regularly and getting plenty of sleep. Taking good care of oneself is an excellent way to develop personal power. When your child has personal power, he or she feels secure and confident inside him or her self.

Healthy Kids Asset #38: Self-Esteem

Playing sports helps build your child's self-esteem. But, it takes more than encouragement; it takes unconditional approval and love. Show the same love and approval for your child's effort –not his or her performance- that you showed before the game. Giving positive feedback for what your child did well and for trying his or her best helps build their self-esteem.

Healthy Kids Asset #39: Sense of Purpose

You do have a purpose. No one is here by accident. Every life has meaning. Model what it means to have a sense of purpose in life. Do things that matter to you; develop your talents; pursue your dreams. Share your sense of purpose with your child, but more importantly listen to your child when he or she talks about his or her dream. Get excited about hope.

Healthy Kids Asset #40: Positive View of Personal Future

Inspire hope by being hopeful, optimism by being optimistic. Look forward to your future and the future of your family with joyful anticipation. When a child pictures him or her self reaching his or her goals, it improves the chances of the dream really happening. Dreams really do come true; let your hope inspire and guide your child.