



Asset of the Month

February Asset Category: Boundaries and Expectations (External Asset)

February Asset: #16 High Expectations

In a healthy community both parent(s) and teachers encourage the young person to do well.

(48% of youth surveyed believe they have this asset in their lives).

Parenting Tips & How-to-live the Asset of the Month: High Expectations

All Children

- Children develop at their own speed. Don't push them or hold them back. Be patient and let children do things when they're ready. Talk to a pediatrician, a teacher, or another specialist if you think a child is developing at a different rate from other children.
- Encourage children to do their best and develop their unique talents.
- Pay attention to what children like. Do they enjoy music? Reading? Outdoor games? Puzzles? Following their interests and passions helps children grow. Give them time to explore.
- Routines help children feel safe, protected, and free to explore. Children who aren't worried about when they'll eat or sleep can concentrate on learning new skills.
- Follow the C's of boundaries and expectations. Be *clear* about what you expect of youth. Be *concise*; the shorter the explanation the better. Be *creative*; cleverly stated boundaries and expectations may be easier to "swallow." Be *consistent*, in upholding or observing them.

Birth to age 5

-Talk to older children about infants before a new baby arrives. Show children pictures of themselves as infants, visit a family with an infant, or visit the maternity ward at a hospital. This helps children understand what to expect from the new baby.

-Let infants take the lead in accomplishing milestones such as grasping, crawling, or walking on their own timetable. These milestones occur when the baby is physically developed enough to accomplish them.

-Marvel at toddlers achievements. Encourage them when they're mastering new skills, such as climbing stairs, or learning new words. Let the tone of your voice show how excited you are about what they can do.

-Mastering a skill can take time, so be patient and understand that setbacks will happen. For example, a toilet-trained child can have accidents now and then. Stay positive and don't punish the child.

-Praise a preschooler by suggesting he's acting like an older child. For example, you might say to a 4 year old, "thank you for picking up your toys. You're acting like a kindergartner!" However, never shame a child by comparing him to a younger child ("Stop grabbing, you're acting like a baby!"). Deal with the inappropriate behavior directly: "We don't grab what we want – what do we say?"

Ages 6 - 11

-Teach children that things don't always work out like we expect. Ask, "did you learn anything from what happened?"

-Talk to children about things that are difficult for her. Help her figure out how to break a big task down into manageable pieces.

-Have children compare themselves to themselves. How is the child doing now compared to the past? Is he finding new challenges? Is he improving?

-Model high expectations for yourself. Tell a child about a goal or dream you're striving toward and what's happened along the way.

Ages 12 - 17

-Stay involved at your teenager's school. Involved parents are more likely to have high educational expectations for their children.

-Support teenagers as they explore and struggle with new challenges, and other things that are important to them.

-Teens:

- Expect great things of each other. Encourage each other to succeed and achieve. Be your own cheering section.
- Get involved in a few activities that aren't judged or graded – activities that focus on process, not product.
- Tell your teachers what you'd like to accomplish in their classes. Ask for their support. This encourages them to pay closer attention to your progress – and set higher expectations for you.
- Do your best – without overdoing it. Perfectionism is a trap. If you're afraid to take risks or make mistakes; if you're extremely competitive, critical of yourself, critical of others, and never satisfied with anything you do; if you're preoccupied with expectations (yours and other people's)... then you may be a perfectionist.

* Visit <http://www.familyresourcesheboygan.org>. Learn more about High Expectations and the other 39 assets. This website also lists other great websites for parents, youth group leaders, teachers, etc. with tools, handouts, etc.

February HCHY Events/Announcements

We are lining up trainings and presentations – please contact Erik Wagner (892-6706) or Mike Burns (451-8000) to reserve a training or presentation for your youth group, parent group, service club, students, staff, etc –**there is no cost for trainings/presentations and the time spent will be well worth it.**

***Please forward this information to co-workers, clients, families, and other contacts.**

*Please respond with feedback, ideas for upcoming assets of the month, etc., or if your organization would like to be listed as a resource to: ysports@sheboygancountymca.org or erikfrc@excel.net .

***Next Month's (March) Asset of the Month:** #19 Religious Community. Category: Constructive Use of Time.

Sponsor: Van Horn Automotive Group

The Asset of the Month campaign is an effort under the Healthy Community/ Healthy Youth Initiative:

