



Asset of the Month

June Asset Category: Support (External Asset)

June Asset: #1 Family Support

In a healthy community family life provides high levels of love and support.
(68% of youth surveyed believe they have this asset in their lives).

Parenting Tips & How-to-live the Asset of the Month: Family Support

Support is important for everyone, young or older. We like knowing who will be there for us and whom we can count on. We enjoy the company of those who make us laugh, who make us think, who help us sort through tough issues. Support is not only the glue that holds people together but also the glue that keeps us together on the inside. While most people understand the important role that families have in supporting young people, some overlook the positive power of friends, neighbors, teachers, coaches, volunteers, grandparents, bus drivers, baby-sitters, aunts and uncles, store clerks, and other people who are part of children's and teenagers' lives.

Did You Know?

Strong connections build more confident children. According to researchers at the Univ. of Minn., children who form strong bonds with warm, responsive caregivers cope with difficult times more easily than children who don't have this connection. Supported children are also more curious, get along better with other children, and perform better in school.

Birth to age 5

- Smile and make eye contact whenever you see a young child. Call the child by name. Hold infants and talk to them during feedings.
- Cheer children on as they master new skills, and be available to comfort and guide them when they get frustrated.
- Play with children – letting them choose the activity.

Ages 6 - 11

- Follow their passions and interests, no matter how different they are from your own. Open yourself up to enjoying an activity as much as the child does.
- Attend the games, plays, or recitals of family members, children you baby-sit or know in your neighborhood.
- When you and a child disagree, show you still care, and encourage other adults to do the same.

Ages 12 – 18

- Be available to listen.
- Encourage young people to be both independent and able to work with others.
- Ask teenagers for their opinion or advice.
- Continue to show affection to teenagers by spending time with them – even if you're not doing or talking about anything special.
- Get to know your teens friends and their friends family. Invite each other to family dinners; let teens bring along a friend on a family vacation; arrange get-togethers that include family members.
- TEENS – If your family doesn't provide a loving, encouraging, caring, and warm place for you to grow, seek the support you need in other places – your school, neighborhood, community, faith community, or youth organization. Ask your school counselor or social worker, youth group leader, or religious leader for suggestions. Don't give up!

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

June HCHY Events/Announcements

1. **We need your help!!** Please contact Mike or Erik (contact info below) with how you are putting assets into action. We are putting together a short newsletter called “Assets in Action” with HCHY Happenings and stories and testimonials on the impact asset building is having around the county.
2. 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 (May) Asset of the Month:** #31 Restraint. Category: Positive Values

Sponsor:

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

