

IDEAS FOR PARENTS: Easy Ways To Build Assets In Your Child

by Sarah Olive

HELP YOUR CHILD USE HER OR HIS “EXTRA” TIME IN MEANINGFUL AND CONSTRUCTIVE WAYS:

- ✓ Sign up your child for Community Learning Center after-school clubs at Falk. Call 204-2208 for more information.
- ✓ Sign up your child for other community programs. Call Sara Kneuve, school social worker at 204-2203 for more information on these.
- ✓ Spend structured time together as a family in the evenings and on the weekends. Some ideas are:
 - Have a family snowball, leaf or soap suds fight.
 - Camp inside. Set up a tent or just pile sleeping bags on the living room floor.
 - Have a family breakfast in the sleepest family member’s bed.
 - Listen to the music that each family member likes and learn something about the performer.

One thing to remember is that children easily can find themselves involved with too much to do, or too little to do. Parents and guardians can help balance this out by limiting the number of programs their child is involved with outside of school, and also eyeing the quality of time spent at home. Time spent at home should be a *balance* between unstructured playtime or “leisure” time, structured time spent with the family, and time spent alone.

Children and youth who have many assets and much built-in support in their lives, are much more likely to make positive choices. Building personal and relational assets in children and youth, is one way parents and guardians can help prevent violence and drug and alcohol use in children. Look for more on how parents and guardians can build these assets in newsletters to come!

Sarah Olive is the Alcohol, Drug and Violence Prevention Resource Teacher at Falk School. Call Sarah at (608) 204-2205 with any questions, comments or concerns regarding alcohol, drug or violence prevention issues.