



The first four of the eight categories of Developmental Assets focus on external structures, relationships and activities that create a positive environment for young people. This month we will highlight the fourth one, Constructive Use of Time. All children and youth need opportunities to be involved in positive, constructive activities. There are four assets in this category. They are: Creative Activities, Youth Programs, Religious Community and time at Home.

Here are some specific ideas on how to build the Constructive Use of Time Asset.

- Ages Birth to 1:**
- Be flexible with infant schedules, and gradually introduce predictable routines as babies get older.
 - Have babies spend most of their time with their parents or consistent caregivers.
- Ages 1 to 2:**
- Balance stimulating, structured time with free playtime.
 - Have consistent times for children to sleep, eat, play, and relax.
- Ages 3 to 5:**
- Take children to museums, theatres and other cultural events or activities to expose them to new things.
 - Follow children's lead in which activities interest them.
- Ages 6 to 11:**
- Allow children to have one or two regular out-of-home activities that are led by caring adults.
 - Teach children to balance their time so they gradually learn how to avoid getting too busy or too bored.
 - Volunteer in programs and activities for children, such as sports, clubs, religious activities, music, or others.
- Ages 12 to 15**
- Have a regular family night to do something fun together, and encourage others to do the same.
 - Help young people look for positive, stimulating activities that match their talents, interests, and abilities.
- Ages 16 to 18**
- Encourage teenagers to be involved in at least one activity that may continue into their adult years.
 - Help teenagers think about how the time they spend on different activities helps or hinders them in reaching their goals.
 - Volunteer in programs or activities for older teenagers. Take time to get to know the young people involved.

Next month we will focus on the Commitment to Learning Asset. For more information on Asset Development check out our website at www.stalbert.ca/40-developmental-assets

If you are interested in receiving a mid-month Asset Development message, please let Linda know at lknoiblauch@st-albert.net and she will include you in the monthly message. Recent monthly messages have included such topics as; Danger Signs: When to Worry, Demanding Activities: When are They Too Much and Encouraging Kids to be Grateful.

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