

Ways to build assets during the holiday season:

The holidays are a great time to reconnect as a family. These small, but meaningful connections can help build assets in your child. The 40 Developmental Assets are building blocks that children and youth need as a foundation for growing up healthy!

Strong family relationships are the very heart of asset development. Here are some ideas to help your family grow closer and maintain a positive atmosphere at home.

Ways to build assets in your child during the holiday season:

Have your child teach you something new.

Get to know your children's friends and invite them along to one or more of your great holiday activities!

Go tobogganing, snowshoeing, or cross-country skiing.

Volunteer together.

Ways to build assets in your child during the holiday season:

Build a snowman together, then warm up with some hot chocolate.

Have a screen free day. Get active!

Talk about family traditions.

Walk around the neighborhood to look at festive lights and decorations. Make sure to say hello to the neighbors that you see.

Ways to build assets in your child during the holiday season:

Curl up together as a family and watch a favorite holiday movie.

Shovel your neighbors' driveway together.

Make holiday crafts together.

Plan and cook a meal together as a family.

MORE RESOURCES

www.sparcreddeer.ca

<https://keepconnected.searchinstitute.org>

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

