

Give the gift of time to help kids thrive

Take time each day to invest in building developmental relationships with the children and youth in your life. Strong relationships within families play a powerful role in children's growth. Research shows these relationships help children develop a strong sense of purpose, responsibility and empathy. These children also often set goals for themselves and are more engaged in learning. You can take action to build relationships with the children and youth in your life and in your community!

Express CARE

Show me that you like me and want the best for me.

- Be Present - Pay attention when you are with me.
- Be Warm - Let me know that you like being with me and express positive feelings toward me.
- Invest - Commit time and energy to doing things for and with me.
- Show Interest - Make it a priority to understand who I am and what I care about.
- Be Dependable - Be someone I can count on and trust.

CHALLENGE Growth

Encourage me to improve.

- Inspire - Help me see future possibilities for myself.
- Expect - Make it clear that you want me to live up to my potential.
- Stretch - Recognize my thoughts and abilities while also pushing me to strengthen them.
- Limit - Hold me accountable for appropriate boundaries and rules.

Provide SUPPORT

Help me complete tasks and achieve goals.

- Encourage - Praise my efforts and achievements.
- Guide - Provide practical assistance and feedback to help me learn.
- Model - Be an example I can learn from and admire.
- Advocate - Stand up for me when I need it.

Tips and Relationship Builders for Families:

<http://www.search-institute.org/downloadable/SearchInstitute-DontForgetFamilies-Activities-10-13-2015.pdf>

For more information about available programs and services in your area, please contact:

Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

