

**Helping Kids Grow Up Great**

Nothing has more impact in the life of a child than positive relationships. Building these connections can be easy but takes intention. Start by telling your child what you love about them. Catch them doing great things. Have them overhear you saying something positive about them. Doing these easy things will help them grow up great!

**Every Child Has a SPARK!**

Find out what spark (passions or interests) your child has. Ask them what they love to do with their free time. Then help them grow that passion! But what if you don't share that same enthusiasm for their passion?

Ask them to teach you about what they love.

Have them show you what they love about their spark.

**Show Kids You Care**

Feeling love for a child may come naturally, but how do we show that love to them?

Be dependable.

Involve them in decisions that affect them.

Set boundaries.

Inspire them by exposing them to new ideas or experiences.

Expect their best.

**40 Developmental Assets**

The 40 Assets are building blocks & experiences that all kids need to thrive.

The higher the number of assets a child has, the more likely they are to make good choices and avoid risky behaviours.

To learn how you can be an asset builder, visit: [sparcreddeer.ca/building-assets](http://sparcreddeer.ca/building-assets).

**MORE RESOURCES**

[sparcreddeer.ca/building-assets](http://sparcreddeer.ca/building-assets)

[Bringing Out the Best in Your Family - Keep Connected \(searchinstitute.org\)](http://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

