

**Empowering
Successful
Kids:
PARENTING
with a
PURPOSE**

*PARENTING...
You Have the Job, We Have the
Tools*
Helping Kids Thrive!



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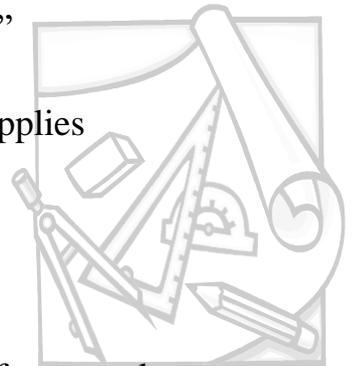


“He’s a little horse, but he doesn’t know he’s a little horse. He thinks he’s BIG!

And sometimes when a little guy doesn’t know he’s a little guy, he does great BIG things!”

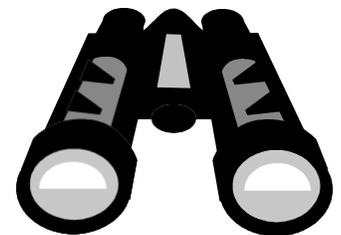
Charles Howard - Owner

- How will our children “look” when we they are grown?
 - Do our vague notions of “happy” and “successful” meet the criteria for today?
 - Have we picked up some tools, techniques and supplies along the way?



The Framework

- Asset Building is _____ a program... it is instead, a framework that allows you the opportunity to _____ what works best for you and your community.
- Asset Building is being _____ with the tools that you have.
- The framework serves as a _____ and cooperation, a catalyst for uniting a community



“A growing body of research points to the need to build the capacity of communities to support young people healthy development as an intentional part of society’s Alcohol, Tobacco and Other Drugs prevention efforts.

Search Institute Insights & Evidence
Tapping the Power of Community

A strength-based approach is the power of believing. It's about focusing on the positive.

- Reframing your comments; Responding versus Reacting
 - Strength-building rather than flaw fixing.



“If you do not change direction, you may end up where you are heading.”

Lao Tzu

<http://www.search-institute.org/>

40 Developmental Assets

The Assets are spread across eight broad areas of human development.

EXTERNAL

Support
Empowerment
Boundaries and Expectations
Constructive Use of Time

INTERNAL

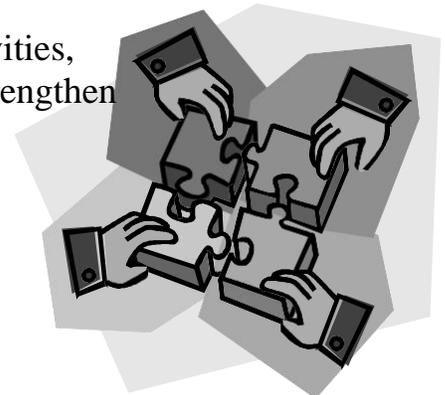
Commitment to Learning
Positive Values
Social Competencies
Positive Identity

Putting together the puzzle:

Asset Building happens with thousands and thousands of _____ and _____.

Positive relationships are the _____ component to Asset Building.

External Asset opportunities – more programs, activities, organizations, and experiences that are asset rich strengthen *Internal Assets*.



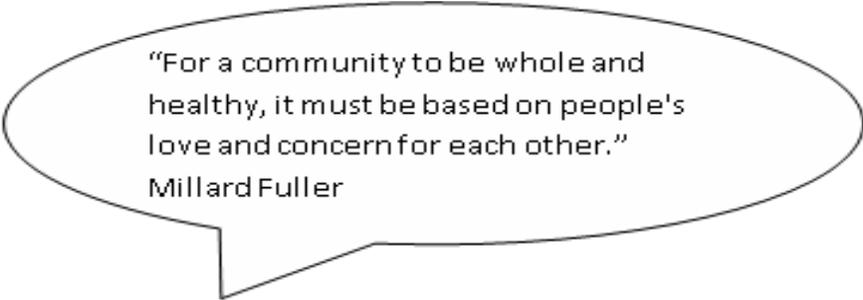
Deficits?

While assets don't make deficits go away, they do counterbalance the negative influence.

- *Poverty*; Strong family commitment to education and positive values
- *Stress*; Developed strong decision-making skills and positive view of the future
- *Parents Working*; Sense of involvement, support, high expectations and boundaries
- *Parental Substance Abuse*; Caring School, religious group, or community organizations

A child's perception is their reality. What are they seeing? What are they hearing?





Shift Your Thinking

How much _____ are you investing in nurturing asset building?

What kind of message do your kids _____ from you?

Focus

Which of the assets are already _____ in your home?

Do you see a _____ in what your kids say they have in terms of assets and what you think?

Work Together

- See our children as ‘co-builders’ and partners alongside us. _____ to their _____ about the kind of lives they hope to live and what they need to thrive.
- Discuss with your youth your areas of frustration and concern regarding their development. _____ him/her to take ownership in addressing them.
- Be willing to _____ roles and responsibilities.
- Are there decisions that are made that your children can _____ their opinion to?

NOTES:

As a Parent - Nurture Your Own Assets –

- **What kind of support do you have in your own life?**
- **How empowered do you feel in your own life and in your family?**
- **Are you involved in constructive activities for your own personal growth?**

Even more than younger children, adolescents need to know you are there for them. Consciously or unconsciously, many teenagers worry about whether their parents will continue to love them when they are no longer little and cute. They demand freedom from parental control, yet fear their parents will abandon them (psychologically if not physically) as they become more grown up.

You and Your Adolescent: A Parents Guide for Ages 10–20

Laurence Steinberg and Ann Levin

Keys to Quality Parenting - (The Asset Way)

- 1. Spend time with each child alone.**
- 2. Make the child the center of attention...at least some of the time.**
- 3. Do things together as a family.**
- 4. Have routines, rituals and special occasions that kids can count on.**
- 5. Balance parents' needs and interest with your child's needs and interest.**
- 6. Show that you care.**
- 7. Give youth opportunities to think and act like adults.**
- 8. Relax together.**
- 9. Make things fun in the family.**



Lori