Asset #1: Family Support

Youth are more likely to grow up healthy when their families provide them with high levels of love and support.

Be consistent. Be loving. Develop an openness so that your child always knows that you're available and you'll love her or him - no matter what.

10 Creative Ways to Care:

1. Do something together
2. If possible, eat at least one meal a day together.
3. Choose a book to read together as a family.
4. Ask what your child's highs and lows were for the day and tell about your day.
5. Every day show love through hugs, words, kisses and smiles.
6. Frame your child's artwork and hang it on the wall.
7. Give your child space to thing, to rest, to rejuvenate.
8. Lie under the stars together and talk about whatever crosses your mind.
9. When you're feeling stressed, reassure your child that he or she isn't the reason.
10. Write "family care" resolutions. Then keep them.

XOXO