



# Building the Support Assets

All young people—no matter what their age—need support from caring and loving people. Here are ideas on how to build the six Support assets for children and youth as they grow up:

<b>Ages Birth to 1</b>	<ul style="list-style-type: none"><li>• Smile at every infant you see.</li><li>• Spend as much time as possible holding babies and interacting with them.</li></ul>
<b>Ages 1 to 2</b>	<ul style="list-style-type: none"><li>• Say “yes” to children more often than “no.”</li><li>• Cheer children on as they master new skills. Comfort and guide them when they become frustrated.</li></ul>
<b>Ages 3 to 5</b>	<ul style="list-style-type: none"><li>• Get down to children’s eye level whenever you interact with them.</li><li>• Encourage children’s thinking abilities by taking them to new places, such as a bird sanctuary, a candy manufacturer, or a concert designed for young children. Let them experience the sounds, sights, tastes, textures, and smells.</li><li>• Play with children, letting them choose the activity.</li></ul>
<b>Ages 6 to 11</b>	<ul style="list-style-type: none"><li>• Encourage children’s passions and interests.</li><li>• Answer children’s questions. If you don’t know the answer, admit it and work together to find it.</li><li>• When you and a child disagree, show you still care, and encourage other adults to do the same.</li></ul>
<b>Ages 12 to 15</b>	<ul style="list-style-type: none"><li>• Be available to listen.</li><li>• Affirm independence and interdependence. People need each other.</li></ul>
<b>Ages 16 to 18</b>	<ul style="list-style-type: none"><li>• Find out what teenagers care about and advocate for their causes.</li><li>• Ask teenagers for their opinion or advice.</li><li>• Continue to show affection to teenagers by spending time with them—even if you’re not doing or talking about anything special.</li></ul>