

Ways to Build Assets at Christmas

The holidays are a great time to reconnect as a family. These small, but meaningful connections can help build assets in your child.

40 Developmental Assets are building blocks that children and youth need as a foundation for growing up healthy!

Strong family relationships are the very heart of asset development.

Here are some ideas to help your family grow closer and maintain a positive atmosphere at home.



Have your child teach you something new

Get to know your children's friends and invite them along to one or more of your great holiday activities!

Plan and cook a meal together as a family

Build a snowman together, then warm up with some hot chocolate.

MERRY CHRISTMAS

Make holiday crafts together.

Have a screen free day. Get active!

Talk about family traditions

Walk around the neighborhood to look at festive lights and decorations. Make sure to say hello to the neighbours that you see.

Shovel your neighbours' driveway together

Curl up together as a family and watch a favourite holiday movie.

Volunteer together

Go tobogganing

The goal of SPARC Red Deer is to educate and excite our community on building blocks that all children and youth need in order to thrive, which includes the 40 Developmental Assets.

Best wishes,

SPARC Red Deer, Strengthening Positive Assets & Resiliency in Communities

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