



Building the Constructive-Use-of-Time Assets

All children and youth need opportunities to be involved in positive, constructive activities. Here are ideas on how to build the four Constructive-Use-of-Time assets for children and youth at different ages:

Ages Birth to I	 Be flexible with infant schedules, and gradually introduce predictable routines as babies get older.
	 Have babies spend most of their time with their parents or consistent caregivers.
Ages I to 2	Balance stimulating, structured time with free playtime.
	Have consistent times for children to sleep, eat, play, and relax.
Ages 3 to 5	• Take children to museums, theaters, and other cultural events or activities to expose them to new things.
	• Follow children's lead in which activities interest them.
Ages 6 to 11	 Allow children to have one or two regular out-of-home activities that are led by caring adults.
	 Teach children to balance their time so they gradually learn how to avoid getting too busy or too bored.
	 Volunteer in programs and activities for children, such as sports, clubs, religious activities, music, or others.
Ages 12 to 15	 Have a regular family night to do something fun together, and encourage others to do the same.
	 Help young people look for positive, stimulating activities that match their talents, interests, and abilities.
Ages 16 to 18	• Encourage teenagers to be involved in at least one activity that may continue into their adult years.
	 Help teenagers think about how the time they spend on different activities helps or hinders them in reaching their goals.
	 Volunteer in programs or activities for older teenagers. Take time to get to know the young people involved.

Developmental Assets® are positive factors within young people, families, communities, schools, and other settings that research has found to be important in promoting the healthy development of young people. From Pass It On! Ready-to-Use Handouts for Asset Builders, Second Edition. Copyright © 2006 by Search Institute®; 612-376-8955; 800-888-7828; www.search-institute.org. This handout may be reproduced for educational, noncommercial uses only (with this copyright line). All rights reserved.