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 1 | • 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. |
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| Ages 1 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.