



**Hopewell Valley
Municipal Alliance**

WINTER 2010

ISSUE 1 VOLUME 1

Ideas for Parents

A newsletter to help raise caring, confident and responsible youth in Hopewell Valley

"Hopewell Valley: A community united in the development of caring, confident and responsible youth."

To learn more about Developmental Assets visit:
www.search-institute.org

For a list of the **40 Developmental Assets** contact the Municipal Alliance at 737-0120 x 642

Our first issue

I would like to welcome you to the first issue of ***Ideas for Parents***. This newsletter has been created to provide you with positive parenting tips and ideas. In this introductory issue, you will learn more about the work of the Municipal Alliance, the importance of an asset-building approach to parenting, New Year's resolutions to show your kids you care and more. I hope you enjoy your first issue and wish you all the best in 2010!

Regards,

Heidi Kahme

Chair/Coordinator
Hopewell Valley Municipal Alliance

About the Hopewell Valley Municipal Alliance

The Hopewell Valley Municipal Alliance, created in 1996, is a community organization working as a coalition with community groups, municipal leaders, school administrators, parents, health providers, students, businesses, recreation organizations and faith communities to address substance abuse issues and promote a healthy community and healthy youth in Hopewell Valley.

This community collaboration also known as the Healthy Communities • Healthy Youth initiative is a national effort which focuses on building *Developmental Assets* in young people.

The Municipal Alliance supports over 25 programs and activities in our schools and community. These asset-based programs promote positive youth development including drug and alcohol awareness and education and community engagement.

What are Developmental Assets®?



Created by the Search InstituteSM in Minneapolis, Minnesota, Developmental Assets are 40 common sense, positive experiences and qualities that young people need to become caring, responsible adults. The more assets a child possesses, the more likely they will succeed and the less likely they will engage in at risk behavior.

Taking an asset-approach to parenting means developing a relationship with your child that is positive and caring, spending valuable time together and nurturing their strengths.

The *40 Developmental Assets®* framework has become the single most widely used approach to positive youth development in the United States.

...over, please

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HOPEWELL VALLEY'S NIGHT OFF:

It's About Time!

Tuesday, March 2, 2010

It's your night! Relax
and have fun!



Parent Resource Corner:

Visit these sites for
more parenting tips
and ideas:

MVParents.org
Drugfree.org
TimeToTalk.org

10 Resolutions That Show Your Kids You Care

Resolving to talk more often with your child about healthy decisions & choices is a great idea for the New Year.



1. Teach your children to trust you by seeing you as a role model.
2. Be patient, not just tolerant. Apologize when you make a mistake or do something you regret.
3. Ask children what they need from you – and do whatever you can to meet those needs.
4. Listen to your kids, a lot. Avoid interrupting.
5. Teach your children about ethics, values and principles they can apply in choices and decision making.
6. Help them discover the feeling of gratitude, not just to say thank you.
7. Keep the promises you make. If you do not keep your word, acknowledge that. Help your child understand the circumstances or choices that precipitated the change in your plans.
8. Answer your children's questions and be consistent. When you notice behavioral changes in them, make yourself available and encourage them to talk about what is going on in their life.
9. Be understanding when they have a difficult time and let them know you will love them no matter what.
10. Be diligent. Have ongoing conversations with your kids about the risks of drugs and alcohol.

Source: www.timetotalk.org

Connect with Kids

Are you looking for fun and easy ways to connect with kids? Follow some of these ideas:

Enroll in a community education class with your child and learn a new skill together.

Ask your child or teen for help with a project you're working on. What may be a burden to you could end up being an opportunity for a child to boost self-esteem or even escape from afterschool boredom.

Local libraries often put on readings, lectures, and even concerts. Attend one with your child.

Invite a child or teenager to join you in doing a certain activity each season, such as picking strawberries, planting a garden, finding the biggest pumpkin, or singing holiday carols.

Start a short neighborhood newsletter to share stories and triumphs of neighbors of all ages.

Source: www.search-institute.org/activity-generator