

## **Asset-Building Ideas for Nursery and Childcare Workers**

Each day brings new experiences in the life of a child. Children look to the adults who care for them for guidance, nurture, stability, and structure. By considering the 40 Developmental Assets™, you can help children grow in healthy, balanced ways, and contribute to the foundation they need to be successful in life. Here are some ways you can build assets in young children:

- Greet children and parents as they arrive, even if you already have another child in your arms. Make drop-off and pick-up times warm and welcoming.
- Learn the names of family members of children in your care. Make eye contact, smile, and call them by name when you see them. Even if these exchanges are brief, they can help families feel comfortable about leaving their kids with you.
- Give each child some one-to-one attention each day.
- Give children simple, age-appropriate activities that encourage their independence and leadership. For example, have children take turns choosing a book for you to read aloud or passing out napkins for a snack.
- Be consistent with the schedule or routine. Children feel more secure when they have naps, mealtimes, playtimes, and other activities occurring at the same time each day;
- Tell parents about asset building. Give them the list of 40 Developmental Assets. Encourage them to post the list at home.
- Smile often.
- Pray with the children each day. Thank God for each child and the world around you.
- Point out positive, caring behaviors of children. When you see a child share a toy, express your approval and give a brief explanation about why sharing is important.
- Keep kids physically safe as well as emotionally safe. Create a place where children feel comfortable and valued.
- Read to children every day. Use puppets, reading aloud, books on tape, and other ways to make reading fun and exciting.
- Because children learn by experience, give children opportunities to see, hear, taste, touch, and smell new things.
- Model calm and patience. Children need to be taught how to deal appropriately with their emotions, and they also need to see adults acting in appropriate ways.
- When children do things you don't like or you disapprove of, tell them why you don't want them to act that way and what you would like them to do differently. Focus on the action and let the children know that you still care about them.
- Encourage children to try new activities, but don't force them. Some children warm up to new things more slowly than others.
- Use reassuring words and a warm tone of voice.