



# 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:

<b>Ages Birth to 1</b>	<ul style="list-style-type: none"><li>• Be flexible with infant schedules, and gradually introduce predictable routines as babies get older.</li><li>• Have babies spend most of their time with their parents or consistent caregivers.</li></ul>
<b>Ages 1 to 2</b>	<ul style="list-style-type: none"><li>• Balance stimulating, structured time with free playtime.</li><li>• Have consistent times for children to sleep, eat, play, and relax.</li></ul>
<b>Ages 3 to 5</b>	<ul style="list-style-type: none"><li>• Take children to museums, theaters, and other cultural events or activities to expose them to new things.</li><li>• Follow children's lead in which activities interest them.</li></ul>
<b>Ages 6 to 11</b>	<ul style="list-style-type: none"><li>• Allow children to have one or two regular out-of-home activities that are led by caring adults.</li><li>• Teach children to balance their time so they gradually learn how to avoid getting too busy or too bored.</li><li>• Volunteer in programs and activities for children, such as sports, clubs, religious activities, music, or others.</li></ul>
<b>Ages 12 to 15</b>	<ul style="list-style-type: none"><li>• Have a regular family night to do something fun together, and encourage others to do the same.</li><li>• Help young people look for positive, stimulating activities that match their talents, interests, and abilities.</li></ul>
<b>Ages 16 to 18</b>	<ul style="list-style-type: none"><li>• Encourage teenagers to be involved in at least one activity that may continue into their adult years.</li><li>• Help teenagers think about how the time they spend on different activities helps or hinders them in reaching their goals.</li><li>• Volunteer in programs or activities for older teenagers. Take time to get to know the young people involved.</li></ul>