

# Pinewood Counseling Connections

September Issue



A Monthly Newsletter from Pinewood's Counseling Department

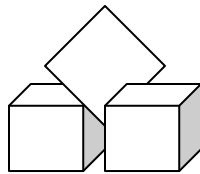


## Welcome Back

We would like to welcome you to our monthly counseling newsletter which will provide you information and resources to help you support your child's success. We are excited to work together with you throughout the course of this school year.

## ASSETS: 40 Keys to Effective Parenting

Assets are 40 key building blocks of development that help youth grow up healthy. The more assets youth have, the more likely they are to succeed.



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### In this issue:

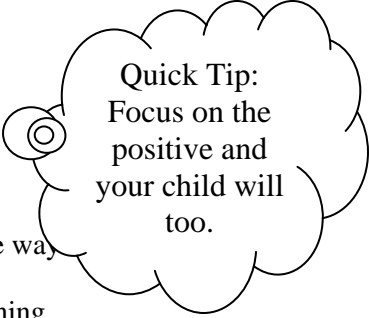
\*Eight types of Assets to help children grow up healthy

## How to Start

Search Institute has identified eight types of assets that are crucial for helping young people grow up healthy:

- Supporting and loving your child.
- Empowering your child.
- Setting clear and realistic boundaries and expectations.
- Helping your child use her or his time in meaningful, constructive ways.
- Encouraging your child to develop a lifetime commitment to learning.
- Instilling in your child positive values.
- Developing social competencies in your child.
- Encouraging your child to form a positive identity.

\*Derived from a newsletter provided by the Search Institute.



Quick Tip:  
Focus on the  
positive and  
your child will  
too.