

YOUTH

PARENTING ADULTS

Express Care



- Let your parent(s) know when you appreciate something they've done, even if it's a little thing. A spontaneous thank you or a hug can mean a whole lot to them.
- Follow through when your parent(s) ask you to do something. It will build their confidence and trust that they can count on you.

- Pay attention. Focus on each other when someone is talking about things that matter to them. Put away your cell phones to give each other your full attention.
- Make time for lightness. Share in some humor, fun, and laughter amid the practical tasks that you do together.

Challenge Growth



- When you set a personal goal for yourself, tell your parent(s) about it. Ask them to check on you and hold you accountable.
- When you or another family member has a setback or makes a big mistake, wait a bit, and then, talk together about of what you might learn from the experience.

- Expect kids to do their best, even when doing something they don't really like.
- Remind kids that making mistakes is a part of learning. Praise them for hard work, whether those efforts succeed or fail.

Provide Support



- Don't wait until the last minute if you need help figuring out a challenging problem or situation. Talk with a parent early when there may be more options and solutions.
- If you want to solve something by yourself, but you need to think out loud about it with someone, come up with your own words to say: "I don't want you to tell me what to do, I just need you to let me think out loud."

- When your kids aren't getting the help they need, find people who can address the issue.
- Give kids more support when they are struggling, and less when they are making progress. Step back as their skills and confidence build.

Share Power



- Offer to take on a new family responsibility that gives you a chance to show new skills and abilities while also benefiting others.
- If you're not happy with the way something is working in your family, ask for a time to talk about how you might try a different approach. Bring some suggestions or ideas to try instead.

- Include kids in thinking about decisions that affect them, even when you have to make the final call.
- Let kids make decisions about activities you do together and what you talk about. Don't jump in too fast when they don't make quick decisions or think of things to talk about.

Expand Possibilities



- When you learn something that your parent(s) don't know are interested in, ask them if they'd like you to show them how to do it.
- With your family, decide some area of life that you'd like to explore (such as nature, science, religion, fitness, food, music). Then come up with a plan for each family member to introduce others to one new thing in that area each week.

- Introduce kids to a wide range of people, places, ideas, cultures, and vocations. Start with ones they're curious about.
- Find ways for your children to spend time with people who are different from your family.

GRANDPARENTS*

PEOPLE WHO WORK WITH FAMILIES

Express Care



- Find ways to spend one-on-one time with each grandkid. Do something that they don't do as part of their usual routine.
- Even if you live far away from your grandkids, find ways to show them that you're thinking of them and they matter to you. Celebrate with them when good things happen, even if you can't be there.
- Whenever possible, start conversations by listening to families. Notice things that are going well and that are worth celebrating.
- Keep track of significant events in the lives of families you work with regularly. Follow up to see how they're doing after important events or milestones.

Challenge Growth



- Listen for your grandkids' own hopes and aspirations, and then follow up with them to see what concrete steps they're taking to work toward their personal goals.
- Avoid being the "indulgent" grandparent, leaving the "challenging" part to parents. Remember that kids will sometimes push hard for a grandparent when they may resist doing the same thing for a parent
- Ask families about their own goals or hopes, and then check up on them to see what kind of progress they're making. If they're not, encourage them to reset and to take a new next step toward their goal.
- When families have setbacks, reflect with them about what they can learn from what happened and how they can reset to move forward from where they are now.

Provide Support



- Work with your child's parent to ensure that you're both on the same page about where your grandchild needs support and where they need to be challenged.
- When your grandchild or your grandchild's parent(s) are experiencing a lot of stress or challenges, ask how you can be most helpful. (Don't assume.)
- Ask families about other formal and informal sources of support they have in their lives. How can those sources be tapped and strengthened, when needed?
- When identifying new supports or services families may need, introduce them to a specific person so they have a personal connection to the new resource.

Share Power



- Ask your grandkids what they'd like to do together (or give options). Sometimes their choices will surprise you.
- Find challenging projects or problems to figure out together. The opportunity to work through things with a grandparent can be empowering for young people.
- When possible, involve both youth and parents in discussions, planning, and training when decisions or learning could benefit everyone in the family.
- Identify parents who have strong gifts, and invite them to play leadership roles in your organization or community, potentially organizing and leading other families to give voice to family priorities and concerns.






Expand Possibilities



- Encourage your grandkids to introduce you to music, technology, sports, and other parts of their world that they are excited about. You may discover something new that you really enjoy too!
- As you learn about things that interest your grandkids, introduce them to people you know who work in or know about those areas. Or visit places of interest together
- Keep track of things families express interest in. Then when opportunities come up, send a quick text or note to highlight the opportunity. (It also lets them know you remember their interests.)
- Ask parenting adults about things they wish they could learn or do, then connect them with opportunities to learn those things in your community.

SEARCH INSTITUTE'S FRAMEWORK OF DEVELOPMENTAL RELATIONSHIPS

Young people are more likely to grow up successfully when they experience developmental relationships with important people in their lives. Search Institute has identified five elements—expressed in 20 specific actions—that make relationships powerful in young people’s lives.

ELEMENTS	ACTIONS	DEFINITIONS
 <p>Express Care</p> <p><i>Show me that I matter to you.</i></p>	<p>Be dependable.....</p> <p>Listen.....</p> <p>Believe in me.....</p> <p>Be warm.....</p> <p>Encourage.....</p>	<p>Be someone I can trust.</p> <p>Really pay attention when we are together.</p> <p>Make me feel known and valued.</p> <p>Show me you enjoy being with me.</p> <p>Praise me for my efforts and achievements.</p>
 <p>Challenge Growth</p> <p><i>Push me to keep getting better.</i></p>	<p>Expect my best.....</p> <p>Stretch.....</p> <p>Hold me accountable.....</p> <p>Reflect on failures.....</p>	<p>Expect me to live up to my potential.</p> <p>Push me to go further.</p> <p>Insist I take responsibility for my actions.</p> <p>Help me learn from mistakes and setbacks.</p>
 <p>Provide Support</p> <p><i>Help me complete tasks and achieve goals.</i></p>	<p>Navigate.....</p> <p>Empower.....</p> <p>Advocate.....</p> <p>Set boundaries.....</p>	<p>Guide me through hard situations and systems.</p> <p>Build my confidence to take charge of my life.</p> <p>Stand up for me when I need it.</p> <p>Put in place limits that keep me on track.</p>
 <p>Share Power</p> <p><i>Treat me with respect and give me a say.</i></p>	<p>Respect me.....</p> <p>Include me.....</p> <p>Collaborate.....</p> <p>Let me lead.....</p>	<p>Take me seriously and treat me fairly.</p> <p>Involve me in decisions that affect me.</p> <p>Work with me to solve problems and reach goals.</p> <p>Create opportunities for me to take action and lead.</p>
 <p>Expand Possibilities</p> <p><i>Connect me with people and places that broaden my world.</i></p>	<p>Inspire.....</p> <p>Broaden horizons.....</p> <p>Connect.....</p>	<p>Inspire me to see possibilities for my future.</p> <p>Expose me to new ideas, experiences, and places.</p> <p>Introduce me to more people who can help me develop and thrive.</p>

NOTE: Relationships are, by definition, bidirectional, with each person giving and receiving. So each person in a strong relationship both engages in and experiences each of these actions. However, for the purpose of clarity, this framework is expressed from the perspective of one young person.

More information on developmental relationships: www.searchinstitute.org/developmental-relationships/