



**PROJECT
CORNERSTONE**

A YMCA of Silicon Valley Initiative

FAMILY SUPPORT

December Asset of the Month

“Family is always there.” – Unknown

Definition

Family provides high levels of love and support.

The Importance of Family Support

Family support refers to the ways that parents, siblings, and extended family show love, encouragement, and comfort to each other—families are the cornerstone of the social support system for youth. One of the most important things to realize about providing family support to older children is that they need the love and support every bit as much as younger children do, even if they claim that they don't. Although it can be challenging to remain connected to preteens and teenagers, the benefits of doing so are immense.

What You Can Do

- Make family rules together, and agree on rewards for following the rules and consequences for breaking them.
- Try to eat at least one meal together every day, and set aside at least one evening or weekend day for the family to spend together in a pastime that everyone enjoys or finds valuable.
- Look your children in the eyes when you talk to them, and give them all of your attention in conversation.
- Be empathetic about their struggles and concerns—no matter how silly or trivial their problems seem to you, they are significant to your children.

To learn more about Project Cornerstone, visit us at
www.projectcornerstone.org