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[Worksheet for Strength Based Parenting](#)

## **Loving Your Unique Child**

1. Strength based parenting is about helping kids build a growth mindset, know their strengths, and use them to power through difficult situations.
2. Strength based parenting breaks patterns of negative thoughts and focuses on what a person can do, before introducing what they need to improve on.
3. Strength based parenting is about moving from a “fix it” mind set to a growth mindset
4. Strength based parenting is about focusing on your child’s strengths and gifts.
5. Strength based parenting is about not comparing your child to others. Parents are encouraged to be mindful of today, and the present moment. Not using past behaviors to shame children, or use the future to “scare change” into the child.

## **Six Types of Strengths**

1. Executive Functioning Skills
2. Social Skills
3. Verbal and Nonverbal Skills
4. Reading and Written Language
5. Mathematical Reasoning
6. Ingenuity and Creativity



## **Executive Functioning Skills**

- Demonstrates curiosity
- Flexible with thinking
- Learns from their mistakes
- Has good self control
- Works hard at their tasks
- Knows how to prioritize
- Good time management skills
- Has their own sense of personal strengths and weaknesses
- Handles stressful events with age appropriate behavior,
- Offers to help where they can
- Can regulate their own emotions consistently
- Enjoys working independently
- Is a self-starter
- Sets goals
- Has a growth mindset
- Uses past experiences to solve current problems
- Follows rules and routines



### **Social Skills**

- Kind, courteous, uses good manors
- Has good eye contact
- Friendly to strangers
- Helpful without direction
- Actions are kind and predictable
- Enjoys routine
- Has a sense of gratitude
- Practices active listening skills and doesn't interrupt too much
- Makes an effort to meet new friends
- Makes good eye contact
- Honest
- Helpful
- Empathetic
- Knows how and when to resist peer pressure
- Speaks openly and positively
- Asks for help
- Has a strong sense of right and wrong, good moral compass

### **Verbal and Nonverbal Communication Skills**

- Tells complete stories with a beginning, middle and end
- Enjoys learning new words
- Understands sarcasm
- Uses non-verbal cues
- Changes their tone of voice, for example, when asking a question
- Uses words to express ideas, feelings, needs and wants
- Enjoys listening to stories
- Engages in open discussion at home, school and with peers
- Appreciates other's thoughts and ideas
- Journals thoughts and feelings
- Asks insightful questions to clarify meaning of unknown topics and words



### **Reading and Written Language**

- Enjoys reading and being read to
- Enjoys the writing process
- Makes connections between reading material and personal experiences
- Good memory.
- Easily memorized information
- Sounds out unfamiliar words
- Recognizes sight words
- Retells stories after reading them
- Predicts what will happen next in stories
- Uses expression while reading
- Understands how to follow written directions
- Knows how to rhyme and recognizes other sentence structures
- Enjoy reading for pleasure and for school purposes.
- Able to read multiple items (books, novels, fiction, nonfiction) at a time

### **Mathematical Reasoning**

- Recognizes and understands patterns
- Enjoys puzzles and word problems
- Good memory. Easily memorized information
- Takes things apart and reconstructs them
- Can do mental math
- Able to or interested in writing computer code or working with robotics
- Enjoys playing with Lego or other constructive games
- Remembers math facts, for example, simple addition and multiplication
- Compares groups and enjoys categorizing information
- Plays strategy games, like chess and checkers
- Enjoys riddles or word problems



## **Ingenuity and Creativity**

- Enjoys drawing, painting, coloring, and designing 3D art
- Using traditional items in nontraditional ways
- Creates videos and digital content
- Has unique ideas and enjoys brainstorming
- Likes to expand on old ideas with new ideas
- Shows an interest in musical instruments
- Makes their own music
- Sings
- Enjoys acting and pretending
- Can play by themselves, with imaginary friends, ideas, and situations
- Enjoys playing sports for competitive reasons
- Enjoys playing sports for social reasons
- Enjoys making up new games
- Enjoys writing or creating different endings to traditional stories and fables
- Dresses and expressing themselves through their clothes, hairstyles, and color choices
- Enjoys creating poems, riddles, and word problems for enjoyment

## **References**

Parenting Well In the Media Age by Gloria DeGaetano, Patterns in Time by Gloria DeGaetano, Love Centered Parenting by Crystal Paine, Greater Good Berkeley University <greatergood.berkeley.edu> Lea Waters, Strength Switch by Lea Waters, Self Compassion for Parents by Susan M. Pollak, EdD