



“By focusing on our children's strengths, we can help them flourish—and stop being so critical and worried.”

Please note: The upcoming Counselor Coffee Morning is December 5, 2018

School Counseling

Article: “How to Be a Strength-Based Parent” by Lea Waters, Greater Good Magazine, October 02, 2018

“Strength-based parenting isn’t about lavishing your kids with false and excessive praise. It’s about real feedback based on your child’s actual strengths.”

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- How to Focus on Your Child’s Strengths:
 - Notice one strength and comment on it
 - Write 3 strengths every day in a diary for 2 weeks
 - Map the strengths of your family and put on fridge
 - Ask your child, “What strengths do you have to help you with this?”
- Benefits of Strength-based Parenting
 - Real feedback on actual strengths
 - Helps with student identity
 - Reduces stress
 - Helps with friendship issues
 - Helps with being more confident and more satisfied
 - Copes better with meeting deadlines
 - Better behavior
 - Improved well being
- Waters, L. (2018, October). How to Be a Strength Based Parent. Greater Good Magazine.
https://greatergood.berkeley.edu/article/item/how_to_be_a_strength_based_parent