

3.6 Building Relationships: Identifying Strengths

Questions to consider:

What do you identify as your talents or strengths? How do your strengths show up at work? _____

Why are identifying strengths important?

Helping a parent recognize their own strengths helps him/her more intentionally apply that strength and use it in times of difficulty. Likewise, when a parent knows the strengths of his/her child, the parent can encourage and support the child in using those strengths.

Example:

Compliment:

I admire you as a full-time working parent with three children. It's great that you are so good at communicating what's happening at home. I can count on you.

Having a difficult conversation:

You are so good at hugging your child when you pick her up. She is really struggling in the mornings, and I wondered if you could do the same when you drop her off.

Sharing the child's strength with the parent:

1. Initiate a conversation with the parent.
2. Share a story with the parent that highlights the child's strength.
3. Ask the parent if they noticed that strength in their child before and ask him/her to share a story with you.

Putting it to practice:

Observe a parent this week and try to identify one of their strengths. Initiate a conversation with the parent and compliment the parent on that strength. How did it go and what could you do differently next time?

**RECOGNIZING STRENGTHS
BUILDS ENCOURAGEMENT,
MOTIVATION, AND SELF-
ESTEEM.**

Steps:

1. Take time to observe the parent when they interact with their child.
2. Identify strengths in the parent. Look for the positive in something you may consider a deficit.
3. Compliment the parent on their strength.
4. Use a parent's strength to start a difficult conversation.

The Outcome:

1. Parents will feel more confident and capable.
2. Parents will use their strengths more consciously when faced with adversity.
3. Mutual respect is established between you and the parent.
4. Parents will feel appreciated and valued by you.
5. Parents will be able to identify and support their child's strengths.