

## Family Strengths

Parenting is the most challenging and most important job there is. Parents are the foundation of the family. Positive parenting skills do not come naturally; they are learned (Swartz et al., 2016).

*Apply It:* Keep a Journal. Identify three positive things you do and one thing you can improve on as a parent each day.



Family interventions during early childhood that change the balance between risk and protection can shift the odds in the favor of more adaptive development outcomes. Effectiveness of supporting parents, strength-based practice, motivational interviewing, solution-focused coaching (*Growing Great Kids Understanding the Research Base: Theoretical and Empirical Foundations*, n.d.).

*Apply It:* Strength-based approaches can be difficult if you are unsure of you or your child's strengths. Identify your strengths with this quiz <https://www.viacharacter.org/>

Strength based parenting encourages you to focus on highlighting your child's strength rather than focusing on their faults. This approach does not require false praise, only praise on their actual strengths! You will not ignore the problems of the child, but letting the child know they have strengths lets them see the whole picture. The following article explains how it is to practice strength-based parenting and how to implement it into your parenting if you would like to. [https://greatergood.berkeley.edu/article/item/how\\_to\\_be\\_a\\_strength\\_based\\_parent](https://greatergood.berkeley.edu/article/item/how_to_be_a_strength_based_parent)

### References:

Great Kids, Inc. *Growing Great Kids Understanding the Research Base: Theoretical and Empirical Foundations* [Ebook]. Retrieved 8 March 2021, from <https://www.greatkidsinc.org/wp-content/uploads/2018/07/GGKResearchFoundations-Finalized-3-13-17.pdf>.

Swartz, L., Seeley, J., Gau, J., & Schroeder, S. (2016). *Parenting Now! Results From a Randomized Control Trial of Parenting Intervention for Highly Stressed Families: Make Parenting A Pleasure* [Ebook]. Oregon Research Institute. Retrieved 8 March 2021, from [https://parentingnow.org/wp-content/uploads/2016/03/MPAP-Evaluation-Results3\\_1\\_2016.pdf](https://parentingnow.org/wp-content/uploads/2016/03/MPAP-Evaluation-Results3_1_2016.pdf).

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