

* A NOTE FOR PARENTS *

This month's theme is all about Strengths-
why are they so important for our girls?



Positive Psychology

This new branch of psychology focuses on unlocking potential by utilizing our innate strengths and positive qualities.



Strength-Based Parenting

This parenting style focuses on "identify[ing] and cultivat[ing] positive states, processes, and qualities in their children," including strengths of character as well as talents like sports.



Life Satisfaction

"Life satisfaction acts as a buffer against the development of psychological disorders during adolescence. Teenagers with high levels of life satisfaction have stronger emotional, academic and social skills."



Parenting Benefits

Parents who have been exposed to Strengths-Based Parenting also reported more confidence and interest in their parenting.



Strengths Surveys

If you would like to have your child take a survey to identify their strengths, check out StrengthsExplorer or StrengthsQuest from The Gallup Institute, or try The Values in Action Institute for a free survey.

Parents, teachers, and coaches who focus on strengths versus weaknesses help children to increase their confidence. They also better cope with conflict, use their strengths to meet deadlines and complete schoolwork, and have lower levels of stress overall.

Source:

pursuit.unimelb.edu.au/articles/the-value-of-strength-based-parenting

