

Embracing strength-based parenting

Parenting is an incredible journey filled with ups, downs, and everything in between. We want to share a cool approach that can make this journey even more rewarding – Strength-based parenting!

Strengths-based parenting is all about looking beyond problems and bringing a focus to the strengths and positive qualities of your tamariki. It's like placing a spotlight on what your tamariki excel at and in turn, can support them to become even stronger in those areas. When we think of strengths we often think of academic or sporting strengths, and as much as these are cool strengths go so far beyond this, think of those positive qualities your tamariki have - creativity, resilience, kindness, perseverance, and empathy along with many more.



Why is this approach so amazing?

Having studied strengths-based science for over two decades, Dr. Lea Waters, a psychologist, and professor at the University of Melbourne has found two crucial outcomes are seen when taking a strengths-based approach to parenting, the first being optimism, which serves as the driving force motivating your tamariki to envision a positive future. The second outcome is resilience, the ability of your child to bounce back when faced with life's challenges. Ultimately fostering an "I can" mindset instead of "I can't". These findings emphasise the significant impact nurturing strengths can have on tamariki. But it's not just about the good times. When challenges arise, a strength-based approach encourages finding solutions based on what your child does well.

So, how do you adopt Strength-based parenting?

Start by taking notice of what your tamariki love doing, what your tamariki excel at, and what makes them feel proud and excited. Acknowledge and celebrate their accomplishments, giving high-fives and words of praise can go a long way and can often have a bigger impact than you think! Let them try new things, exploring their possible strengths, and support them in doing this.

Be a positive role model, showing your tamariki the power of a positive attitude. Let them see how you tackle challenges and celebrate your own strengths on the day-to-day. Communication is key here, try having a kōrero with your tamariki about their strengths. Understanding how they view themselves is a crucial part of embracing this approach and can be truly eye-opening to see how they view themselves, ultimately assisting you in supporting your tamariki and their strengths and understanding what their goals may be.

Every tamariki is a unique, exceptional individual, and so are their strengths. Embrace the journey of spotting and nurturing those awesome qualities that make your tamariki who they are.

Which Strength Can You Dial Up to Support You?

