

VIDEO TRANSCRIPTS: Home Page

Video #1: Welcome

- “What are your child’s strengths?”
- Many parents find this question more difficult to answer than they might expect
- Having difficulties quickly identifying your child’s strengths doesn’t mean you’re a bad parent, it simply means you’re human

- Our brains have a tendency to focus on problems to try and keep us safe
- Unfortunately, this means that much of our time as parents can be spent paying attention to what’s wrong rather than what’s strong

- Scientific research tells us that our attention has a powerful influence on our child’s behaviour
- If our child’s behaviours are like seeds, then our attention is like the water – The behaviour that we water with our attention is the behaviour that tends to grow

- When we direct our attention toward problem behaviours, we risk accidentally increasing those behaviours
- The positive side is that by directing our attention toward strength behaviours, we can also increase those behaviours
- There’s no need to be perfect, to always spot strengths, or to ignore all problem behaviours – It’s about spending just a few minutes each day noticing strengths

- As you focus your attention on your child’s strengths, your child may use their strengths more frequently
- This is important because scientific research tells us that children who use their strengths tend to be happier, to do better at school, and to be more prepared to handle challenges
- Parents who regularly notice strengths tend to also feel happier and more confident as parents

- The Strengths to Grow program is broken up into three sections
 - In the Discover section, you will identify your child’s unique strengths
 - In the Celebrate section, you will develop a straightforward plan to talk with your child about their strengths more frequently
 - In the Apply section, you will explore fun family activities that allow your child to use their strengths

- The good news is that your child is already displaying strengths
- By the end of this program, you will be ready to start giving a little bit more attention toward what's strong in your child

VIDEO TRANSCRIPTS: Strengths to Celebrate Page

Video #1: Naming Strengths

- In these short videos and activities, you will develop a straightforward plan to talk with your child about their strengths more frequently
- First, for each of your child's strengths, pick names that feel natural to use
- For example, many families do not use the term "social intelligence" in everyday conversation – Is there a similar name that feels more natural?
- For example, instead of saying "social intelligence", you could say "friendliness"
- Or if you speak a different language at home, you might choose a word or phrase from your own language
- Then, for each of your child's strengths, use the word or phrase you have chosen consistently when you talk with your child about each strength
- For example, if your child offers to help out around the house, then you might use the word "kindness" to describe all of the different ways that they provide assistance
- Using the same strengths name in conversations with your child can make it easier for your child to remember their strength and to make connections between all the different ways that they use their strength
- Below are some other possible strength names – Pick the names that fit best for your family (or create your own!)

Video #2: Noticing Strengths

- Now that you have identified names for your child's strengths, how can you talk to your child about their strengths? – Let's look at an example.
- Imagine that you are looking for the strength of "social intelligence", and you have selected the strength's name, "friendliness"

- One day, your child meets a new child at the park and invites the child to play with them on the swing set
 - What could you say to help your child realize that they have used their strength of friendliness?
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- 1) Describe the behaviour – Give a quick summary of the behaviour that you noticed
 - For example, you could say “I noticed that you invited that child to play on the swings with you”.
 - 2) Use your strengths name – For example, include the word “friendliness” in your comment, since this is the strength’s name that you selected.
 - Altogether, this might sound like: “I noticed that you used your strength of friendliness when you invited that child to play on the swings with you.”
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- Compare this statement to a similar one: “I noticed that you used your strength of friendliness to make a new friend.”
 - What’s the difference between these two statements?
 - The first statement describes a behaviour (something your child did) whereas the second statement describes an outcome (something that happened to your child)
 - Of course, we want our children to experience positive outcomes like making new friends
 - But, there are many factors that influence outcomes which are outside of your child’s direct control – What your child can influence more easily is their own behaviour
 - So, aim to describe behaviours rather than outcomes
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- Let’s consider another example: Imagine that you are looking for the strength of kindness and you notice your child is being gentle with, Milo, the family pet.
 - In fact, Milo seems to be enjoying this special treatment.
 - What could you say?
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- Perhaps you say, “I can see that you used the strength of kindness to pet Milo so gently.”
 - This comment describes the behaviour that you observed, “petting Milo gently”, and uses a strength name, “kindness”.
 - Notice that it doesn’t describe the outcome, “Milo’s enjoyment”, as once again your child has greater control over behaviours than outcomes

- Here's one last example. If your child used their strength of persistence to complete a difficult homework assignment, what could you say?
- Maybe you say something like, "You kept working on your homework even when it got difficult. It looks like you used your strength of persistence."
- Try the quick activity below to put what you've learned into practice with your child's unique strengths.
- Remember, describe the behaviour that you observed and use your strengths name.

Video #3: Creating Reminders

- The behaviour that you water with your attention, is the behaviour that tends to grow
- Problem behaviours naturally hold our attention, so it can be helpful to create reminders that redirect our attention toward the strength behaviours that we want to grow
- It's all about finding a system that works for you – Here are some ideas to get you started:
 - Put a sticky note with the name of your child's strength on the fridge
 - Put five coins in your left pocket in the morning and move one to the right pocket every time you notice a strength
 - Put a picture that reminds you of your child's strength on the home screen of your computer or phone
 - Remember, there's no need to be perfect, to always spot strengths, or to ignore all problem behaviours – Taking just one moment each day to spot a strength in your child can add up over time
- Each time you notice a strength, you increase the likelihood that your child will use this strength in the future
- And using strengths is associated with many benefits, including success at school, happiness, and resilience
- Noticing strengths can also benefit parents, increasing parents' confidence and happiness
- Giving a little bit more attention toward your child's strengths can make an important difference. So, jot down your plan to remember below