

WELCOME TO NATURAL STRENGTH PARENTING™ STARTER KIT



NATURAL STRENGTH PARENTING™

beech acres
PARENTING CENTER

The logo for Beech Acres Parenting Center, featuring a stylized tree or flower shape composed of several overlapping, colorful triangles in shades of blue, green, yellow, and pink.

GETTING STARTED WITH NATURAL STRENGTH PARENTING™



“I just can’t do this,” your child sighs in frustration after working on one math problem for a half hour.

“Some kids are being mean to me at school,” your child quietly confides to you after coming home with a tear in their favorite hoodie.

“I hate you!” Your child shouts as they slam their bedroom door. (They don’t mean it!)

Parenting Can Be Challenging!

Parenting is the most important (and challenging) job you’ll ever do. Today’s rapidly changing world is creating a lot of stress for families, both parents and children alike. Sometimes it is difficult to find time to really be present with your kids.

A New Approach

Natural Strength Parenting™ is a unique approach to parenting from Beech Acres Parenting Center. Natural Strength Parenting™ encourages you to be *intentional* and *mindful* in your parenting while focusing on your child’s innate strengths. Building on their strengths will increase their confidence, self-esteem and resilience all which lead to a positive well-being. We promise these skills aren’t hard, and more of your conversations will be about what’s going right vs. what they did wrong!

Be Intentional, Focus On Their Strengths, and Be Mindful About Being In The Moment With Them

Setting an intention is as simple as asking yourself two questions:

1. Who do YOU want to be as a parent?
2. What kind of person do you want your child to be?

Let’s say you set an intention for your daughter to be a strong, independent woman. You can reinforce this intention by making subtle changes in everyday moments. After rushing to pick her up

from basketball practice and get home in time for dinner it’s easy to say; “Get in the car! We’re late for dinner.” But imagine what it would look like to **mindfully** engage with them in the moment. Recall that **intention** and remember how scared she was to try out for the team. What **strength** did she use? “Thank you for using your strength of bravery to try out for the basketball team.” Ask a powerful question to get start a meaningful conversation. “What new thing did you learn today that helps you be a better player? I want to hear about it on the way home, but we’ve got to go since we’re running behind today.” See how a small change can make a big difference?

Let’s Get Started!

Have every member of your family complete the attached Spotlight on my Strengths. Once you’ve discovered everyone’s innate strengths you can build on those strengths by “spotting” your kids using them every day. Additionally, you can complete the Spotlight on my Strengths 360 for each member of your family. How closely did your evaluation align with their personal survey? Remember everyone has all of these strengths inside of them!

Ready For More?

Our website has a variety of valuable resources, fun activities, and creative exercises to help you bring Natural Strength Parenting™ to life in your family.

Natural Strength Parenting™ is the culmination of over 170 years of parenting experience at Beech Acres Parenting Center. For the first time, intentionality, mindfulness, and character strengths are working together in a fun, seamless framework that can make a big difference for your family. Learn more about Natural Strength Parenting™ by visiting our website beechacres.org or schedule a one-hour Natural Strength Parenting™ coaching session with one of our child development experts.

#NaturalStrengthParenting
#ParentPurposefully
#ParentMindfully
#ParentStrong

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Name _____



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Spotlight on my Strengths

Each of us has an essential strength profile as unique as our thumb print. When you discover your strengths, you can use them and enjoy life more, as well as handle stress and deal with life's challenges.

To find out yours, take this short survey.

1. For each statement, decide whether it is "mostly like me," "sometimes like me," or "not often like me."

Put an X in the corresponding box.

2. Read all the statements first and assign a category. Then review the "mostly like me" column and circle the top 5 that feels most like you and make you feel the **most excited**.

How much is each statement below like you?	Mostly like me (no more than 10)	Sometimes like me	Not often like me
1. I approach daily life with energy and excitement.			
2. I get along well with others and my friends can count on me.			
3. I appreciate the good things that happen to me.			
4. I value my close relationships with others.			
5. I work hard to achieve my goals and don't give up.			
6. I can think of lots of ways to solve problems and use my imagination.			
7. I explore the world around me with an open mind and ask questions often.			
8. I get excited about discovering new things.			
9. I believe everyone should have the same opportunities.			
10. I like bringing a smile to others.			
11. I take on challenges and speak up for what is right.			
12. I feel positive when I think about the future.			
13. I can stop, wait, and manage my emotions.			
14. People value my opinion and look to me for direction.			
15. I am helpful and nice to others.			
16. I value and respect the unique qualities in everything I see around me.			
17. I let my accomplishments speak for themselves.			
18. I am open and truthful.			
19. I carefully consider all options when making a decision.			
20. I am open-minded and think through my decisions.			
21. I can see other people's points of view and weigh options when making decisions.			
22. I like being part of a team and doing my share.			
23. I believe that everyone deserves a second chance. I can let things go.			
24. I am discovering my purpose and place in the world.			

List the numbers of your top 5 "mostly like me": _____, _____, _____, _____, _____.

Use the answer key on the next page to spot your top strengths!

Strengths Spotlight Answer Key

Use this answer key to find your top strengths. For each number circled, write that strength below.

- | | | |
|---------------------|----------------------------|----------------------|
| 1. Zest | 9. Fairness | 17. Humility |
| 2. Friendship | 10. Humor | 18. Honesty |
| 3. Gratitude | 11. Bravery | 19. Prudence |
| 4. Love | 12. Hope | 20. Judgment |
| 5. Perseverance | 13. Self-Control | 21. Perspective |
| 6. Creativity | 14. Leadership | 22. Teamwork |
| 7. Curiosity | 15. Kindness | 23. Forgiveness |
| 8. Love of Learning | 16. Appreciation of Beauty | 24. Sense of Meaning |

Strength Spotlight: Top 5!

List your top strengths and post them where you can keep them top of mind. We often forget that we have all 24 strengths inside us. Having a visual reminder helps remember them and use them on purpose.

My Top 5 Strengths:

- 1.
- 2.
- 3.
- 4.
- 5.

WHAT STRENGTHS WILL YOU USE TODAY?



Mindfulness
I am present and fully engaged in the moment.



Appreciation of Beauty
I value and respect the unique qualities in everything I see around me.



Bravery
I take on challenges and speak up for what is right.



Creativity
I can think of lots of ways to solve problems and use my imagination.



Curiosity
I explore the world around me with an open mind and ask questions often.



Fairness
I believe everyone should have the same opportunities.



Forgiveness
I believe that everyone deserves a second chance. I can let things go.



Friendship
I get along well with others and my friends can count on me.



Gratitude
I appreciate the good things that happen to me.



Honesty
I am open and truthful.



Hope
I feel positive when I think about the future.



Humility
I let my accomplishments speak for themselves.



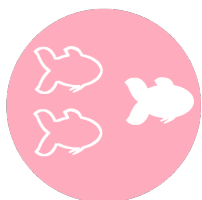
Humor
I like bringing a smile to others.



Judgment
I am open-minded and think through my decisions.



Kindness
I am helpful and nice to others.



Leadership
People value my opinion and look to me for direction.



Love
I value my close relationships with others.



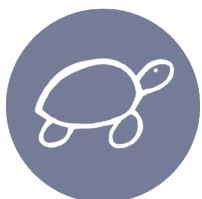
Love of Learning
I get excited about discovering new things.



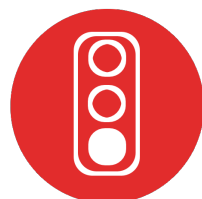
Perseverance
I work hard to achieve my goals and don't give up.



Perspective
I can see other people's points of view and offer good advice.



Prudence
I carefully and thoughtfully approach situations I encounter.



Self-Control
I can stop, wait and manage my emotions.



Sense of Meaning
I am discovering my purpose and place in the world.



Teamwork
I like being part of a team and doing my share.



Zest
I approach daily life with energy and excitement.

STRENGTH SPOTTING CERTIFICATE

YOU USED:

- | | | | | |
|-------------------------------------|---|---|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> KINDNESS | <input type="checkbox"/> PERSEVERANCE | <input type="checkbox"/> HUMOR | <input type="checkbox"/> BEAUTY | <input type="checkbox"/> PRUDENCE |
| <input type="checkbox"/> FRIENDSHIP | <input type="checkbox"/> CREATIVITY | <input type="checkbox"/> BRAVERY | <input type="checkbox"/> HUMILITY | <input type="checkbox"/> LEADERSHIP |
| <input type="checkbox"/> GRATITUDE | <input type="checkbox"/> CURIOSITY | <input type="checkbox"/> SELF-CONTROL | <input type="checkbox"/> HONESTY | <input type="checkbox"/> FAIRNESS |
| <input type="checkbox"/> LOVE | <input type="checkbox"/> LOVE OF LEARNING | <input type="checkbox"/> SENSE OF MEANING | <input type="checkbox"/> TEAMWORK | <input type="checkbox"/> PERSPECTIVE |
| <input type="checkbox"/> HOPE | <input type="checkbox"/> ZEST | <input type="checkbox"/> JUDGMENT | <input type="checkbox"/> FORGIVENESS | |

IN THIS SPOT: _____

AND THIS HAPPENED: _____

Date: _____

Signature: _____

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	Wisdom				Courage				Humanity				Justice				Temperance				Transcendence			
	CREATIVITY	CURIOSITY	JUDGMENT	LOVE OF LEARNING	PERSPECTIVE	BRAVERY	PERSEVERANCE	HONESTY	ZEST	LOVE	FRIENDSHIP	KINDNESS	TEAMWORK	FAIRNESS	LEADERSHIP	FORGIVENESS	HUMILITY	PRUDENCE	SELF-CONTROL	APPRECIATION OF BEAUTY AND EXCELLENCE	GRATITUDE	HOPE	HUMOR	SENSE OF MEANING
Your Name																								
1.																								
2.																								
3.																								
4.																								
5.																								
6.																								

What are your family's top 5 strengths?

How can you mindfully build on them each day?



Here is a simple tool for you and your children. If you are feeling unfocused, stressed, angry or anxious. Or if you simply need a moment!



S.T.O.P.



S. STOP what you're doing; put things down for a minute.

T. TAKE A BREATH - Inhale for 1, 2, 3, 4 and exhale for 1, 2, 3, 4, 5, 6, 7. Count slowly, out loud to help your children. Again, in for 4 and out for 7. One more time, in for 4 and out for 7.

O. OBSERVE your experience just as it is—including thoughts, feelings, and emotions. What is on your mind? Notice that thoughts are not facts, and they are not permanent. Just like clouds passing in the sky.

Notice any emotions present and how they're being expressed in the body. How does your stomach feel? Are your shoulders by your ears or relaxed?

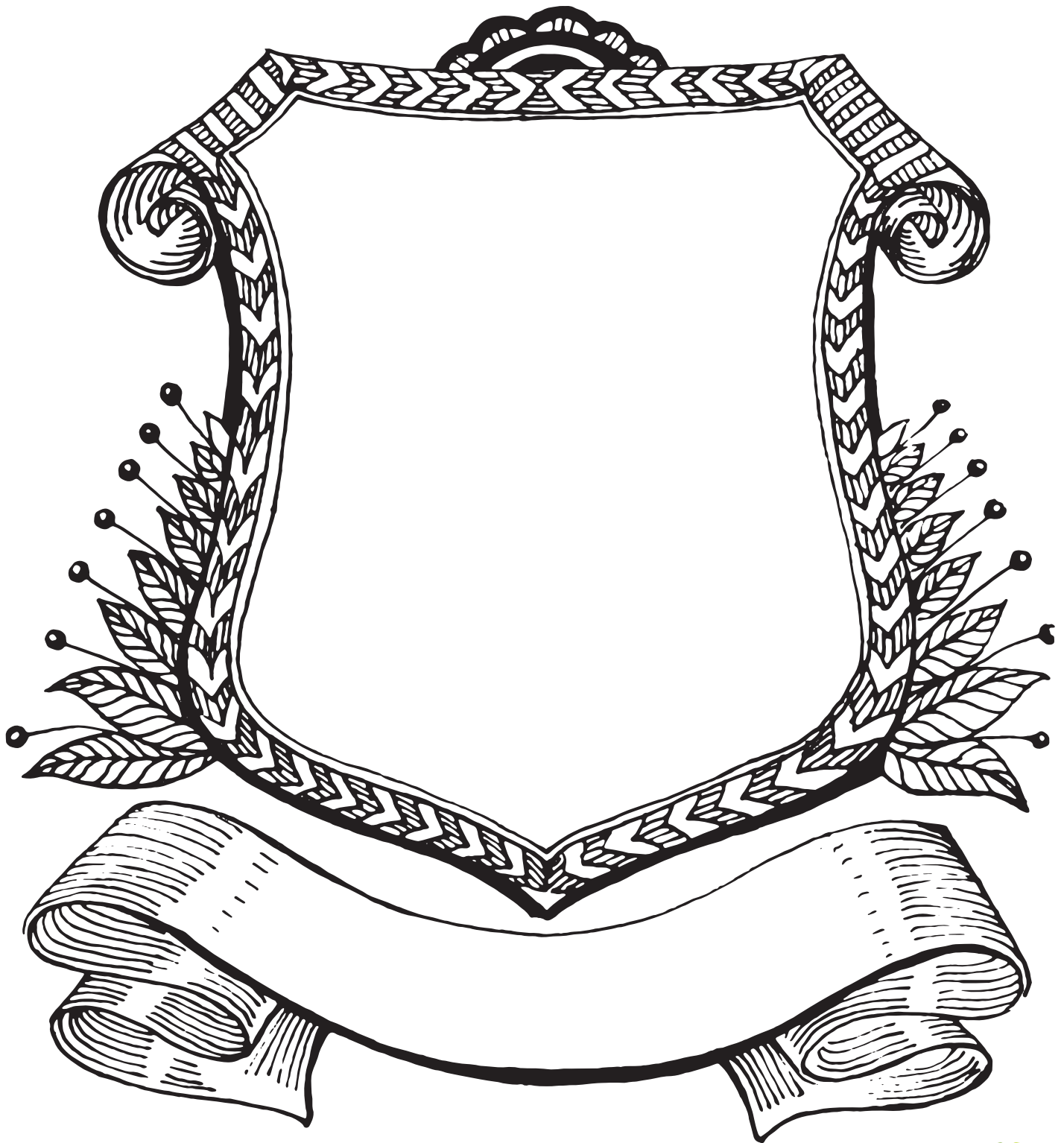
P. PROCEED with what you were doing, but recognize you may feel more focused and calm now. If you still need something that will support you, ask for a hug or a snack or a cup of tea.

Inspired by Elisha Goldstein's article in *Mindful*, August 2013.

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Our Family Crest



Directions: Create a mindful reminder of how special your family is by designing a unique family crest! Discuss your family's values, goals, and strengths. Use those to design a crest that represents your family. Display this in your home and intentionally reflect on these values every day!

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