Strength-based Parenting

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Let’s start with an exercise
Seligman’s (1998) APA Presidential address

“Ideally, psychology should be able to help document what kind of families result in the healthiest children.”

“Raising children...is vastly more than fixing what is wrong with them.

(Seligman & Csikszentmihalyi, 2000, p. 6)
“Raising children...is vastly more than fixing what is wrong with them. It is about identifying and nurturing their strongest qualities, what they own and are best at, and helping them find niches in which they can best live out these strengths.”

(Seligman & Csikszentmihalyi, 2000, p. 6)
Your child is stronger than you think
What is strength-based parenting?

“A style of parenting that seeks to deliberately identify and cultivate positive states, positive processes and positive qualities in children”
Two-factor Model of Strengths

**Strengths knowledge**
A person’s awareness and recognition of their strengths

**Strengths use**
How much a person uses their strengths in a variety of settings

Govindji and Linley (2007)
A style of parenting that seeks to deliberately identify & cultivate strengths

- **Strengths knowledge**
- **Strengths use**

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What happens when parents help their kids to see and use their strengths?
How do kids rate their parents

• My parents easily see the strengths in me (my personality, abilities, talents, and skills).

• My parents can easily see the things I do best.

• My parents show me how to use my strengths in different situations.
Explaining Teenager Life Satisfaction

- Authoritative parenting: 16%
- Other aspect of life satisfaction
Explaining Teenager Life Satisfaction

- Authoritative Parenting: 16%
- Strength-based parenting: 19%
- Other aspects of life satisfaction: 100%
SBP predicts life satisfaction one year later

Life satisfaction
Time 1

Life Satisfaction
Time 2
SBP predicts life satisfaction one year later.
Why does SBP increase life satisfaction?
Strengths knowledge
A parent’s awareness and recognition of their child’s strengths

Teen’s strengths knowledge

Strengths use
How much a parent encourages their child to use their strengths in a variety of settings

Teen’s strengths use

Life Satisfaction

Positive Affect

Negative Affect
Matched parent-teen dyad

Parent reported Knowledge of their teens strengths

Parent reported encouragement of teen strengths use

Teen’s strengths knowledge

Teen’s strengths use

Life satisfaction

Does mindset matter?

Does mindset matter?

Teen’s mindset

Strength-based parenting

Teen’s strengths use

Teen’s Subjective wellbeing
Academic grades

Strength-based parenting

engagement

perseverance

Academic grades

Start of Term 2

Mid Year grades
What about SBP for younger kids?

Waters, L. (2015). The Relationship between Strength-Based Parenting with Children’s Stress Levels and Strength-Based Coping Approaches, *Psychology, 6*, 689-699
SBP and stress in children

Strength-based parenting

Relationship stress

Task-related stress

Child’s strengths COPING

Child’s Stress levels
What about the parents themselves?

Quasi-experimental, waitlist-control design

Pre-test
137 parents
Positive emotions towards children
Self-efficacy in parent role

N = 72
4 week intervention

Post-test
126 parents
Positive emotions towards children
Self-efficacy in parent role

N = 65
Waitlist group
SBP changes the way parents see themselves and their kids
Learn more about SBP
Practice being strength-based

www.strengthswitch.com