



## PRACTICAL STRENGTHS

### Quick Reference Parenting Tipsheet

**ACHIEVER®:** You work hard and you set a great example for your kids that having goals gets things done. You also demonstrate balance and that goals aren't only work related, but include self-care, family and fun, too.

**ACTIVATOR®:** You are the cheerleader for your child if they fail to act on their own. Hands on learning is where you excel and may also help your child discover what they enjoy and where they excel, too.

**ADAPTABILITY®:** More than most, you roll with the constant variables present in family life. You are able to embrace all moments with calm and provide stability and reassurance when unexpected turns throw your children for a loop.

**ANALYTICAL®:** You help your child handle challenging situations by breaking it down into simpler, bite-size bits. Your cool head is helpful in emotional situations, while recognizing that emotions are necessary and healthy as well.

**ARRANGER®:** Parenting is not a linear activity and requires a lot of juggling – which makes you an expert. You love teamwork and your ability to organize means each family member understands their unique roles in the home.

**BELIEF®:** You are a parent who walks the talk. Your child has no doubts about what is important to you. You help your child to identify what is important to them; and while belief comes from core values, it is respectful of others and their views.

**COMMAND®:** You are a model of leadership especially in tough situations which require strength and calm. You show your child that being in charge is about confidence in oneself while respecting others.

**COMMUNICATION®:** Words matter and you, more than most, understand this. When talking to your child, use your words in a positive and encouraging manner. You can teach them the power of effective communication early on.

**COMPETITION®:** You love to measure yourself against others to consistently improve. You model this for your child in a healthy way, showing them that we are all excellent at something. You also guide them to be both good winners and gracious losers.

**CONNECTEDNESS®:** Your open mindset demonstrates to your child that we are all connected and affect each other in ways we may not even realize. They experience solidarity through you and have an appreciation for “the big picture.”

**CONSISTENCY®:** Your family always knows what to expect because you set clear ground rules that are fair to everyone. Your children know what to expect of you in return thereby creating a trusting bond.

**CONTEXT®:** It comes naturally to you to record important memories for your child and maintain family traditions that will stick with them for years to come. You also share lessons you've learned and funny stories from your childhood, bonding with your child in a special way.



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**DELIBERATIVE®:** Your ability to see obstacles, paired with your cautious approach, teaches your child to evaluate risks thoroughly. Your thoughtful actions translate into a caring and loving sense of protection for them.

**DEVELOPER®:** You are a natural encourager. You easily recognize your child's special abilities and help them grow at a pace that serves them best. You appreciate each unique stage of childhood enjoying fully what each has to offer.

**DISCIPLINE®:** The structure and routine you provide for your child reduces anxiety and stress. This is especially relevant relating to new experiences. You also recognize that your child may have their own systems. You help them refine, discovering what works best for them.

**EMPATHY®:** Your child always feels your understanding and warmth, knowing they are loved because you express your emotions and share them in a healthy way. You also help them to express themselves when they are feeling unsure or insecure.

**FOCUS®:** With so many activities vying for your child's attention, you teach them how to prioritize and focus on what's most important. Keep in mind, what is important for your child may differ from you.

**FUTURISTIC®:** As tomorrow seems so far away for most children, your talent for envisioning the future helps them see what is possible before they can. Remember to celebrate the present, and not skip too far forward, missing the sweet moments here and now.

**HARMONY®:** Your focus on a win-win outcome for all teaches your child great negotiating skills. It also helps them find solutions to conflicts with friends and classmates. You bring family together through consensus.

**IDEATION®:** Boredom won't last long in your house with your endless ways of creating fun and learning for your children – from what they play to what they eat. They love that they can bounce ideas off you and their imagination is valued.

**INCLUDER®:** You create a strong family unit where everyone is valued and feels like they belong. You are most likely to be the house where friends gather because of your welcoming nature.

**INDIVIDUALIZATION®:** You ensure that everyone is appreciated and celebrated for their special talents, personality and abilities. You help each child reach greatness through what they do best.

**INPUT®:** Your ability to collect useful information, resources and people serve your child well. Share what you are learning with them and find ways to aim this knowledge together.

**INTELLECTION®:** You need time to reflect; ensure your children know this is OK by being fully present with them when you are mentally charged. It also teaches them to respect boundaries and individual needs.



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**LEARNER®:** You share your joy of learning with your child. Explore new worlds together through classes, books and experiences which you can reflect on together. When you discover a child's passion, foster it by exploring further.

**MAXIMIZER®:** You easily recognize the true potential of each family member and support them to be their best. Remember to allow them to develop at their pace. While you can see their potential, they may need time and reassurance to see it themselves.

**POSITIVITY®:** You easily put a smile on your child's face, especially when their day has been challenging. You help them see the silver lining in tough situations, compliment them on what they are doing well and bring them hope for a better tomorrow.

**RELATOR®:** You carve out plenty of one-on-one time with your child, creating special moments where you can bond and deepen the relationship. Dinners, playdates, outings or even just connecting before bed each night strengthen your bond.

**RESPONSIBILITY®:** You are a great example for your children of what it means to keep your word. Your word is your bond and when you promise to do something, you deliver. Reinforce that it's ok to set boundaries and that no is an acceptable answer; you don't have to do it all.

**RESTORATIVE™:** Problems don't frighten you. You love the challenge of solving them, which puts your child at ease. They know they can count on you to help them navigate difficult decisions and problems that arise.

**SELF-ASSURANCE®:** The confidence you have in yourself translates to having confidence in your children. This helps them see themselves as valued and loved. You demonstrate that trusting in your own abilities includes listening to the opinions and thoughts of others.

**SIGNIFICANCE®:** Not only do you want to be a great parent, you also want to leave a positive legacy for your children. This motivates you to be there when they need you and guide them on how they, too, can make a difference.

**STRATEGIC®:** When your child is struggling with decisions, your ability to see patterns and options provides the information they need to make a wise choice. You are a great sounding board for them to think out loud as well.

**WOO®:** You are a master of organizing playdates and opportunities for your child to connect with others. You set a great example on what social graces can do for a person and the doors it can open.