**Mining for Strengths in Our Children**

**Parents can develop a better understanding of their children’s (and their own) talents and strengths by observing what they do easily, best and most readily, and by asking these questions. Exploring the answers with your children can lead to meaningful conversations and opportunities for affirmation.**

1. What is your child doing -- inside or outside school -- when they are truly enjoying themselves?
2. What sorts of activities does your child finish and say, "I can't wait to do that again"?
3. What activities is your child doing when they are unaware of time passing? What activities are they getting “lost” in?
4. What have other people told you that your child does great well?
5. What has your child done well that he/she didn't need someone to explain how to do?
6. What does your child know they can do well but haven't done yet?
7. What is a success, achievement, activity that your child is very proud of? What did they do or contribution to make that success or achievement happen?

Many parents will say that screen time, videos games or social media is the activity in which their children get “lost” and time slips away. If this is so, consider what is it about the video or game that most draws them? The answer may trigger a non-screen activity worth chasing.

Once possible talents or strengths are identified, enable your child to exercise them as often as possible and at their own speed.