



WELCOME TO

NATURAL **STRENGTH PARENTING™**
STARTER KIT

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 _____

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

IN THIS SPOT: _____

AND THIS HAPPENED: _____

Date: _____

Signature: _____

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Angry and/or Shutdown



What you see in behavior from your child is just the tip of the iceberg. Underneath are big emotions that can be hard to wrestle with for a child. Help your child understand what may be causing big outbursts by helping them identify what may be happening inside or 'under the water'. Share this with your child in a calm moment to spark a conversation and inspire understanding.

FAMILY STRENGTHS CHART

Put a check in each family member's UP TO EIGHT TOP STRENGTHS

ENTER FAMILY

MEMBER'S NAME:

1.

2.

3.

4.

5.

6.

7.

8.

9.

Start a conversation comparing top strengths.



Wisdom				Courage				Humility			Justice			Temperance				Transcendence			
CREATIVITY																					
CURIOSITY																					
JUDGMENT																					
LOVE OF LEARNING																					
PERSPECTIVE																					
BRAVERY																					
PERSEVERANCE																					
HONESTY																					
ZEST																					
LOVE																					
KINDNESS																					
SOCIAL INTELLIGENCE (FRIENDSHIP)																					
FAIRNESS																					
LEADERSHIP																					
TEAMWORK																					
FORGIVENESS																					
HUMILITY																					
PRUDENCE																					
SELF-REGULATION																					
APPRECIATION OF BEAUTY & EXCELLENCE																					
GRATITUDE																					
HOPE																					
HUMOR																					
SPIRITUALITY (SENSE OF MEANING)																					



S.T.O.P.

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!

Stop

Pause what you or your child is doing. Put things down for a minute and coach them to do the same.

Take a breath

Together, inhale for 1, 2, 3, 4, and exhale for 1, 2, 3, 4, 5, 6, 7. Count slowly out loud to help you and your children. Repeat three times.

Observe

Examine your experience just as it is in your heart, body & mind. Explore your thoughts, feelings, and emotions. Ask your child to try to find one word to describe how they are feeling. Notice and explain how thoughts and emotions are not facts. They are fleeting just like clouds passing in the sky. This too shall pass.

Proceed

Continue with what you were doing, but recognize you may feel more focused and calm now. It's a good time to share a hug or a smile or a snack. Be reassuring and celebratory about overcoming the moment's crisis.

(Inspired by Elisha Gold..... article in Mindful.....")

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identifying **VALUES**

Values are the standards or guidelines for behavior that you think are important in life and that you want to teach your children.

Values are often how we spend our time, energy, and money. Being honest, caring, trustworthy, kind, fair, having self-respect, self-discipline, resilience, and many other traits are all examples of values.

Values are freely chosen with careful consideration. They are conscious choices, proud 'possessions' which regularly influence how a person behaves. We can influence and be influenced by others through modeling, teaching, and exposure to different values.

WHAT ARE YOUR **TOP VALUES**?

The ones that most define who you are or who you aspire to be. While many may be important to you, what four are essential?

One way to identify your top values, is to ask yourself what you believe to be true about parenting, filling in the prompts below:

All parents...

For example: All parents... love their children and want the best for them.

Parenting is a journey...

For example: Parenting is a journey... where all parents have up's and downs.

Parents do the best they can...

For example: Parents do the best they can... based on their knowledge and circumstances.

Everyone is born with...

For example: Everyone is born with unique talents and gifts that need to be nurtured.

There is no right or wrong when it comes to your values.

Values are simply the traits and behaviors you think are important for your child to learn, grow, and use.

identifying **VALUES** (continued)

YOUR TOP FOUR VALUES are your guiding lights.

(USE THE WORKSHEET ON THE NEXT PAGE TO RECORD YOUR ANSWERS.)

After a quick glance at this **VALUES CHART**, you might feel overwhelmed by your choices. It's easy to believe many of them are meaningful to your family.

While it may be true that lots are relevant, it's important to narrow your choices to the ones that resonate most with your heart, soul, and mind.

Focus on the top four or five that are fundamental to who you are or want to be. Life is always a balancing act, especially when it comes to parenting. If you put too many expectations on yourself, you are more likely to stumble. We want you to thrive. Do your best to keep it simple.

TAKE THE TIME TO THINK DEEPLY ...

HOW YOU WERE RAISED?

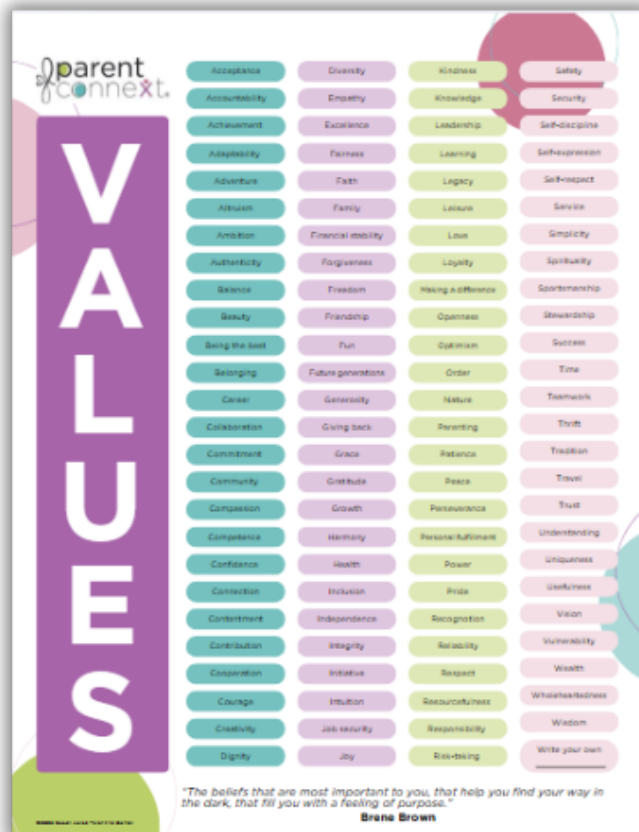
Think back to when you were eight years old. What values did your parents raise you with? What was most important to them? Of these, as you think about your own family, which would you like to maintain AND which would you like to let go of or modify?

HOW YOU WANT TO BE REMEMBERED?

Now think about yourself at your eightieth birthday, looking back at your life. If you could have maintained four values to make you proud of your parenting, what would they be?

MAKE EACH VALUE YOUR OWN

Whatever value you select, think about how you want it to show up in your life. Define it specifically for you and your family. Put it in context and make sure it makes sense and that it's attainable based on your circumstances.



WHAT ELSE?

Come up with your own value if you don't see it on the list. We definitely didn't think of everything!

NOTICE THE NUANCE

Some values may seem very similar to each other on the surface. For instance, TRUST and INTEGRITY. Ask yourself how they might show up differently and land on the one that is most important to you: to TRUST your children to always be reliable, or to make sure they have INTEGRITY whenever faced with difficult decisions.

VALUES

Acceptance	Diversity	Kindness	Safety
Accountability	Empathy	Knowledge	Security
Achievement	Excellence	Leadership	Self-discipline
Adaptability	Fairness	Learning	Self-expression
Adventure	Faith	Legacy	Self-respect
Altruism	Family	Leisure	Service
Ambition	Financial stability	Love	Simplicity
Authenticity	Forgiveness	Loyalty	Spirituality
Balance	Freedom	Making a difference	Sportsmanship
Beauty	Friendship	Openness	Stewardship
Being the best	Fun	Optimism	Success
Belonging	Future generations	Order	Time
Career	Generosity	Nature	Teamwork
Collaboration	Giving back	Parenting	Thrift
Commitment	Grace	Patience	Tradition
Community	Gratitude	Peace	Travel
Compassion	Growth	Perseverance	Trust
Competence	Harmony	Personal fulfillment	Understanding
Confidence	Health	Power	Uniqueness
Connection	Inclusion	Pride	Usefulness
Contentment	Independence	Recognition	Vision
Contribution	Integrity	Reliability	Vulnerability
Cooperation	Initiative	Respect	Wealth
Courage	Intuition	Resourcefulness	Wholeheartedness
Creativity	Job security	Responsibility	Wisdom
Dignity	Joy	Risk-taking	Write your own

"The beliefs that are most important to you, that help you find your way in the dark, that fill you with a feeling of purpose."

Brene Brown

creating your **VISION**

Pause and Reflect:

Where am I now?

Am I participating in life the way I'd like?

What do I want to do more or less of?

Where do I want to be in six months?

What's important to accomplish or achieve?

Your **PARENTING VISION** is like your north star. It's the big aspiration that inspires you, gives you direction, and keeps you motivated on the roughest of days.

What is your vision for you and your family?

Imagine what your family life might be like if you were the calm, caring and confident "imperfectly perfect" parent of your dreams. Refer to your top values and make sure they are somehow reflected in your vision.

Start by asking yourself these questions:

- What would your ideal daily family interactions look like?
- What qualities do you want to nurture to help your children thrive?
- What would you want your children to say about how they were raised now or twenty years from now looking back?

THERE ARE SOME EXAMPLES:

Values: Compassion, Respect, Safety, and Responsibility

Parenting Vision: To raise children who respect boundaries, treat others with kindness, and make positive contributions to their communities.

Values: Curiosity, Creativity, Personal Fulfillment, and Independence

Parenting Vision: To raise independent children who think creatively, explore the world with curiosity, and boldly follow their passions.

Values: Independence, Joy, Adventure, and Confidence

Parenting Vision: To raise children who find are confident and capable adults who celebrate the moment no matter the circumstance.

Values: Achievement, Perseverance, Integrity, and Gratitude

Parenting Vision: To raise children who are high achievers, very successful in their own way, honest, and appreciative of what they have.

Find words that resonate with your heart & uplift your top **VALUES**:

Jot down YOUR PARENTING VISION:



setting POSITIVE GOALS

Goals are those **specific steps along the way** that you want to accomplish to help you achieve your parenting/caregiver vision.

**Recall your VISION
and VALUES & set:**

3 specific
actionable
positive
parenting
GOALS

Tips for setting goals

Instead of a
“stop doing” can
you turn it into a
“start doing”?

They are your **priority real-life next steps** towards reshaping your parenting style and results. To define your goals try this exercise of moving from **I WISH** to **I WANT** to **I WILL**:

Start with your wish list.

Our instinct is to want bad behaviors to stop asap! Record those wishes as if you had a magic wand.

Then try to reframe them as

positive desires. Can you move from the “i wish” to a realistic “i want”. What do you REALLY WANT?

Then come up a specific

achievable realistic goal that you want to work on over the next few months. It could be a small action that will move you towards success.

i wish. . .

- My child would stop throwing tantrums.
- I could stop yelling at my child.
- My child would get off their screens.

i want. . .

- My child to better regulate their emotions.
- To have more patience.
- Them to find balance with technology and have more quality time with the family.

i will. . . *

- Be patient and teach my child skills to manage their big emotions.
- Learn how to respond rather than react.
- Create guidelines with my child and model healthy screen habits.

* You might ask, **“But how?”** This app, its tools, and our coaches will help you acquire the skills and habits for accomplishing your “I wills”.

setting POSITIVE GOALS (continued)

Use the spaces below to build out YOUR THREE GOALS.

Start with your wish list.

Our instinct is to want bad behaviors to stop asap! Record those wishes as if you had a magic wand.

i wish. . .

Then try to reframe them as

positive desires. Can you move from the “i wish” to a realistic “i want”. What do you REALLY WANT?

i want. . .

Then come up a specific achievable realistic goal that **you want to work on over the next few months.** It could be a small action that will move you towards success.

i will. . .

Research tells us that there are many benefits to positively framing our goals including boosting our motivation, giving us a direction to move toward rather than avoid, calming our stress response by focusing on opportunities rather than fears, and aligning with values helping to intrinsically motivate us.

MY PARENTING COMPASS

VISION

