

# IDENTIFYING RESOURCES + STRENGTHS

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## IN PARENTS

### PURPOSE

This list can help a counsellor assess the strengths and needs within the relationship between a parent and child.

### INSTRUCTIONS

Below is a sample of key areas and examples of what might be included and discussed in a typical assessment. It is helpful to identify when these strengths are present. This can also help identify goals and capacities for a parent to build on.

- Being open to the child's agenda (for example, letting the child lead during play)
- Supporting the child's emotions (being there when the child is in distress or excited)
- Being sensitive to the child's responses (for example, "It looks like you're [sad/angry/frustrated] about what happened on the playground.")
- Setting reasonable expectations (such as expecting age-appropriate actions and reactions during play and emotional situations)
- Adapting strategies to the child's developmental stage (allowing child to express emotions and play at a pace that is age appropriate)
- Encouraging the child (for example, "Way to go. You worked hard at that!")
- Promoting exploration and curiosity (encouraging exploration in a way that encourages continued play and inquiry)
  - If playing with toys: "I wonder if that piece might fit in that slot? What do you think? Shall we try it?"
  - If dealing with feelings or conversation: "I wonder what you might do differently?" or "I wonder if you can guess what \_\_\_\_\_ might have been feeling when you said 'I hate you'?"