

What are my child's strengths?

Knowing what your child's strengths are allows you to use those strengths when your child is faced with challenges. Here are some guiding questions to help you identify what your child's strengths are.

Is my child very social? Do they make friends very easily?

Is my child talkative and comfortable talking about their struggles and feelings?

Is my child logical? Are they calm when things are stressful because they are very rational?

Does my child handle change easily? Are they flexible with changes in routines, schedules, or plans?