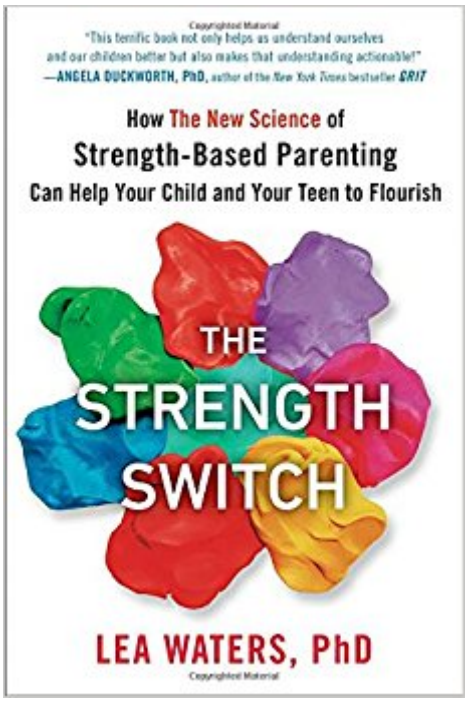
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The Strength Switch: How The New Science Of Strength-Based Parenting Can Help Your Child And Your Teen To Flourish



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Synopsis

Unlock your childrenÃ¢â ¬â„¢s potential by helping them build their strengths.This game-changing book shows us the extraordinary results of focusing on our childrenÃ¢â ¬â„¢s strengths rather than always trying to correct their weaknesses. Most parents struggle with this shift because they suffer from a negativity bias, thanks to evolutionary development, giving them Ã¢â ¬Å“strengths-blindness.Ã¢â ¬Â• By showing us how to throw the Ã¢â ¬Å“strengths switch,Ã¢â ¬Â• Lea Waters demonstrates how we can not only help our children build resilience, optimism, and achievement but we can also help inoculate them against todayÃ¢â ¬â„¢s pandemic of depression and anxiety.Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â As a strengths-based scientist for more than twenty years, ten of them spent focusing on strengths-based parenting, Waters has seen how this approach enhances self-esteem and energy in both children and teenagers. Yet more on the plus side: parents find it a particularly exciting and rewarding way to raise children. With many suggestions for specific ways to interact with your kids, Waters demonstrates how to discover strengths and talents in our children, how to use positive emotions as a resource, how to build strong brains, and even how to deal with problem behaviors and talk about difficult situations and emotions. As revolutionary yet simple as Mindset and Grit, The Strength Switch will show parents how a small shift can yield enormous results.

Book Information

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Customer Reviews

Ã¢â ¬Å“Waters comes off as a thoughtful parenting realistÃ¢â ¬Â|supporting her ideas with a mix

of parental anecdotes and pointers to psychological research.Ã¢â ¬Â• Ã¢â ¬â •Publishers WeeklyÃ Â Ã¢â ¬Å“As parents, we often obsess about fixing our childrenÃ¢â ¬â„¢s weaknesses and neglect the importance of developing their strengths. This book is full of concrete ideas on how to change that.Ã¢â ¬Â• Ã¢â ¬â •Adam Grant, PhD, New York TimesÃ¢â ¬â œbestselling author of Originals and Give and Take Ã Â "Practical tips for parents from the wise and wonderful Lea Waters! So many parents, including me, struggle to translate scientific research into real-world strategies. This terrific book not only helps us understand ourselves and our children better but also makes that understanding actionable!"Ã Â Ã¢â ¬â •Angela Duckworth, PhD, author of theÃ Â New York TimesÃ Â bestsellerÃ Â Grit Ã Â Ã¢â ¬Å“The Strength Switch gives parents hope that they can build their childrenÃ¢â ¬â„¢s creativity. By sharing parts of her own story of overcoming hardship, and presenting the latest science of positive psychology, Dr. Waters not only inspires parents to bring out the best in their children, but she inspires us all to be the best version of ourselves. A wise and warm book!Ã¢â ¬Â• Ã¢â ¬â •Scott Barry Kaufman, PhD, co-author of Wired to Create: Unraveling the Mysteries of the Creative Mind Ã Â Ã¢â ¬Å“Lea Waters points to a needed shift in the way we are parenting our children and teenagers. The Strength Switch rejects the current fad that drowns children in self-esteem and replaces it with research-based practices to help parents identify and develop their childrenÃ¢â ¬â„¢s best qualities. Inspiring and timely.Ã¢â ¬Â• Ã¢â ¬â •Robert Biswas-Diener, PhD, author of The Upside of Your Dark Side Ã Â Ã¢â ¬Å“This book will help you do something groundbreaking for your childrenÃ¢â ¬â •shift your view to see their best and help them develop their unique strengths. Follow the wisdom here and you will bring deep, lasting benefit to not only your child but yourself. Thanks to Dr. Lea Waters, strengths-based parenting has arrived!Ã¢â ¬Â• Ã¢â ¬â •Ryan M. Niemiec, PsyD, author of Character Strengths Interventions Ã Â Ã¢â ¬Å“Lea WatersÃ¢â ¬â„¢s expertise, hope, and heart shine through the pages of The Strength Switch. She deftly draws on the science of positive emotions to help readers appreciate the vital role positivity plays in moving through hard times. This book will be a game-changer for unlocking your childÃ¢â ¬â„¢s potential.Ã¢â ¬Â• Ã¢â ¬â •Barbara L. Fredrickson, PhD, author of Positivity and Love 2.0

Lea Waters, Ph.D., is President of the International Positive Psychology Association and the Gerry Higgins Chair in Positive Psychology at the University of Melbourne, Australia. She holds an affiliate position with Cambridge UniversityÃ¢â ¬â„¢s Well-being Institute (UK) and the Center for Positive Organizations at the University of Michigan (USA). Waters was the Founding Director of the Centre for Positive Psychology at the University of Melbourne and was listed in the Top 100 Women of

Influence by The Australian Financial Review in 2015. She has also served as a consultant to a wide range of businesses. Waters lives in Melbourne, Australia, with her husband, Matthew Scholes; her son, Nicholas; and her daughter, Emily.

This is one of the most important parenting books that I have encountered. It takes many of the recent findings from positive psychology and applies them to parenting.At the time I am writing this review, there is no ÃƒÂ¢Ã â ¬Ã Å“look insideÃƒÂ¢Ã â ¬Ã Â• feature available for this book, so I will list the chapters and their subheadings to give you a feel for the contents.CH 1: Standing for Strength in a World Obsessed with Weakness ÃƒÂ¢Ã â ¬Ã â œ Parents: 24/7 CEOs of our kidsÃƒÂ¢Ã â ¬Ã â„¢ lives; Strength-based parenting: the antidote to ÃƒÂ¢Ã â ¬Ã Å“parent overwhelmÃƒÂ¢Ã â ¬Ã Â•; Why focusing on strengths makes sense today; So, what exactly is strength-based parenting?; How I developed strength-based parenting; How to use this book; Exercises: how strength-based are you as a parent?;CH 2: The Strength Switch ÃƒÂ¢Ã â ¬Ã â œ Why it can be challenging to shift to strength; The four negative defaults; But we can override our negative defaults; Introducing the strength switch: your tool for short-circuiting negative thoughts; Tips for getting startedCH 3: Understanding Strengths ÃƒÂ¢Ã â ¬Ã â œ Strengths can be skills, abilities, interests, characteristics, traits, or talents; The 3 key elements of a strength; Seeing strengths in your child: the 3 questions; Additional clues to your childÃƒÂ¢Ã â ¬Ã â„¢s strengths; How strong is the strength?; Nature and nurture: where strengths come from; My formula for strength developmentCH 4: The Ages and Stages of Strength Growth ÃƒÂ¢Ã â ¬Ã â œ How and when strengths develop; Spotlight on 8 strengths; How to encourage strength development as your child matures; The 4 key strength-based parenting strategies; You, too, can bloomCH 5: Attention, Savoring, Gratitude, and Goofing Off ÃƒÂ¢Ã â ¬Ã â œ The 2 types of attention; LetÃƒÂ¢Ã â ¬Ã â„¢s get real about attention; Attention training without tears? (SBP to the rescue); Savoring; Gratitude: the super strength builder; Goofing off is good. There. I said it.CH 6: Mindfulness ÃƒÂ¢Ã â ¬Ã â œ A brief definition of mindfulness; ÃƒÂ¢Ã â ¬Ã Å“Bare attentionÃƒÂ¢Ã â ¬Ã Â•: the heart of mindfulness; The proven rewards of mindfulness; Mindful parent, mindful child; Exercises for a mindful mind-setCH 7: Self-Control ÃƒÂ¢Ã â ¬Ã â œ Self-control defined; The connection between self-control and attention; The roots and the reach of self-control; The top 4 self-control sappers; How strength focus helps the development of self-controlÃƒÂ¢Ã â ¬Ã Â|and vice versa; 5 strength-based strategies for building and sustaining self-controlCH 8: Communication ÃƒÂ¢Ã â ¬Ã â œ The high price of harsh words; The praise puzzle; Introducing strength-based praiseCH 9: Strength-Based Living in the Real World

ÃƒÂ¢Ã â ¬Ã â œ Discipline and shame versus guilt; Seeing behavioral challenges from a strengths perspective; 5 questions for diagnosing strength breakdowns; Putting strength-based discipline into practice; Use the 3 Ps to work with weaknesses; Shifting the trajectory: the game-changing gifts of strength-based parentingCH 10: Strong Selves, Strong Families, Strong Communities, Strong World ÃƒÂ¢Ã â ¬Ã â œ Strength-based strides in education; Strength-based strides in business; Toward a strength-based society; Let it begin with youIMHO, this is one of the most important and worthwhile books on parenting out there, along with books like Michael ThompsonÃƒÂ¢Ã â ¬Ã â„¢s Best Friends, Worst Enemies: Understanding the Social Lives of Children. The world would be a better place if everyone read this book; that wonÃƒÂ¢Ã â ¬Ã â„¢t happen, but you can make it happen for your family, at least.

Positive Parenting is just one of the many new ways for parents to raise their children, and "The Strength Switch" is another tool that parents may use to help with that philosophy, and like other parenting tools, such as Love & Logic, it can even work with spouses and coworkers. Written by a PhD and mother who had already been utilizing Positive Psychology, Lea Waters shows parents how to take those concepts to help their children be the best versions of themselves. In a nutshell, the idea of Strength-Based Parenting, or SBP, is to focus not on improving children's weaknesses, but rather honing their strengths. By doing so, studies have shown that families have more satisfaction and positive emotions, and that these strengths help to accomplish tasks such as homework, conflict resolution, and reduce stress, by utilizing those strengths to find solutions."The Strength Switch" includes lessons, personal stories from various parents, and exercises for the parents to complete, often times with their children. Some of the concepts are not new, such as letting the child know that the parent has noticed good things (the three assignments with A's) before even mentioning the bad (the one with a C). As she does throughout the book, Waters lets us know that our tendencies to do this are rooted in our genes and science, and she utilizes studies to show other helpful information, such as the ages when children show musical and athletic talents. Waters also looks at ways to change negative fixed mindsets (I'm terrible at....) to more positive growth-mindsets (This is a trouble area for me, but I can solve this problem by...), and teaches parents about scaffolding, a tool teachers use to take what children already know and build upon that.There is also a chapter on attention, something she acknowledges is difficult for even adults (we may work for an hour at a time, but our minds are constantly thinking about something else), yet we expect it in abundance from our children. What makes Water's book stand out compared to most others, however, is that she acknowledges that some people, those with ADHD, autism, and other

mental difficulties, have even more trouble with attention, and that SBP has shown positive influences (not cures, obviously) on these children. Waters also diferentiates between generic and process-praise, showing parents how specific examples can show children that their strengths helped them to succeed. To help parents with many of these concepts, Waters provides a variety of websites.While no parenting book is going to be a page-turner, overall Waters keeps her book easy to read, even personable at times, and easy enough for most parents to read and understand without needing a background in education or psychology. Recommended.

This is a much-needed book for today’s parents. At some point in the recent past, it seems that everything became about a child’s self-esteem. Coaches and teachers started giving out "Participant" awards when kids simply showed up, rather than expecting a child to master skills and earn rewards and praise. This developed a culture of entitlement among many of our kids. The backlash against that has swung to the opposite extreme, and today’s environment is now rather harsh and unforgiving toward kids. With so much bullying, teen suicide, extreme competitiveness, and other negatives, the focus is so often on what’s wrong with our kids that it’s no wonder that there are high levels of depression and anxiety at earlier and earlier ages.I admit that I have unfortunately been one of those parents who, though I do praise my kids and shower them with love, nevertheless developed the bad habit of focusing on their weak spots, failures, and faults. I know my intentions have been good; I want them to overcome these problem areas in order to have happy and successful lives. But this author has enlightened me into realizing that it doesn’t work that way. And boy, does that take the stress off both parent and child.This book makes it clear that focusing on a child’s strengths is not empty flattery and false praise. Rather, it enables kids and teens to see themselves for who and what they truly are: unique individuals with many gifts and strengths. Learning how to help our children and teens recognize and work with those gifts and strengths in all areas of their lives also enables them to strengthen the weak areas. And it is just such a more positive way to live.

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