

Identifying Strengths

When your child has learning and attention issues, it can seem as though you spend a lot of time talking about areas of weakness. **But building on your child's strengths is just as important when it comes to helping him succeed.** What are your child's strengths? Here's a checklist to help identify them.

General Strengths

- 🍏 Is able to work or play independently
- 🍏 Is interested in doing well
- 🍏 Understands and sets goals
- 🍏 Wants to/is eager to learn new things
- 🍏 Asks for help when needed
- 🍏 Works well/gets along well in groups
- 🍏 Works well/gets along well one-on-one
- 🍏 Is able to organize items and thoughts
- 🍏 Admits disappointments/mistakes and is able to move on
- 🍏 Has passions and hobbies
- 🍏 Can plan ahead
- 🍏 Makes good choices
- 🍏 Is curious and creative
- 🍏 Problem-solves well

Social Strengths

- 🍏 Shares, takes turns and negotiates
- 🍏 Seeks out social interactions
- 🍏 Asks for help and comfort when needed

Identifying Strengths

- 🍏 Is comforting and offers help when needed
- 🍏 Accepts personal responsibility for actions (good and bad)
- 🍏 Has a good sense of humor
- 🍏 Doesn't follow the crowd (resists peer pressure)
- 🍏 Follows rules and routines well
- 🍏 Accepts redirection well
- 🍏 Is able to make friends and keep them
- 🍏 Is truthful and honest
- 🍏 Has positive relationships with adults
- 🍏 Shows empathy and sensitivity to others
- 🍏 Likes to help others
- 🍏 Reacts appropriately when frustrated (such as not hitting)

Language Strengths

- 🍏 Is able to express needs, wants and ideas verbally
- 🍏 Uses inflection and expression when speaking
- 🍏 Understands jokes, puns and riddles
- 🍏 Can talk about events in the correct and logical order
- 🍏 Understands the give-and-take of conversation
- 🍏 Uses grammar appropriate to his age
- 🍏 Has and uses a growing vocabulary
- 🍏 Is interested in listening to stories, music and other activities
- 🍏 Participates in discussions at home, at school and with friends

Identifying Strengths

- 🍏 Answers who, what, when, where questions in conversation (or about a story)
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Literacy Strengths

- 🍏 Enjoys reading
- 🍏 Can match letters to sounds and sounds to letters
- 🍏 Is able to sound out unfamiliar words
- 🍏 Recognizes sight words
- 🍏 Can follow written directions
- 🍏 Recalls and retells stories and facts after reading
- 🍏 Can make predictions based on what's happened so far in the story
- 🍏 Can pause when reading and return to that sentence after being interrupted
- 🍏 Reads accurately and with expression
- 🍏 Figures out what new words mean by looking at the context or asking questions
- 🍏 Has creative and imaginative ideas; likes to tell stories
- 🍏 Makes connections between reading material and personal experiences

Math Strengths

- 🍏 Sees and understands patterns in nature and in numbers
- 🍏 Remembers math facts and can perform mental math
- 🍏 Thinks logically
- 🍏 Understands math concepts and can apply them to the real world
- 🍏 Uses and understands math vocabulary