



How to set effective goals

Tools not rules

Make it clear to your child that goals are not 'set in stone' and that it's okay to change a goal. Goals should be tools to help your child in life, not rules that restrict them.



Being able to set and accomplish goals gives your child control over the way they change and grow. This allows them to feel confident about taking care of themselves and contributing to their surroundings in a positive way. By knowing that they can take care of the basic tasks that daily life requires they will gain the confidence to face the unexpected challenges.

When you talk about goal setting with your child, there are a few tips to help guide the conversation

- Be a good listener. Your child will be more willing to include you in the goal setting process if you show that you are actively listening to them talk about their dreams.
- Each of these five characteristics of a SMART goal can help you navigate the goal setting process with your child.

S

SPECIFIC

What would your child like to accomplish?

M

MEASURABLE

How will your child know when the goal has been achieved?

A

ACHIEVABLE

Has your child considered whether the goal is realistic?

R

RELEVANT

Why is the goal significant to your child?

T

TIMELY

When will your child achieve this goal?

While achieving a goal can be its own reward, parents can consider ways to celebrate their child's success after a specific goal is met. Celebrate how your child's life is different and better because of their hard work.

- Work with your child to outline the steps to take in order to reach the goal.
- Ask your child questions to help them determine what type of support or resources might be needed along the way.
- Find out if your child has anticipated any potential obstacles and how they can be addressed.
- Discuss making a schedule or timeline to go along with the plan to achieve the goal.