e-Tips for Families

Setting Goals

Setting and achieving goals is important because it gives us a sense of purpose and can improve confidence and self-esteem. Children are naturally great goal-setters. They know what they want to be "when they grow up" and this makes for the beginnings of great goal setting.

A few tips for success:

1. Encourage your child to choose their goal and talk with them about why that goal is important to them.
2. Write it down and review it often.
3. Start with a small, tangible goal.
4. Set up small rewards that go along with a goal completion, such as screen time or playing a game with the whole family.

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