

# THE Counseling CONNECTION

St. Hilary School  
Mrs. Eldred and Mrs. Parisi

As the calendar year comes to an end, it is the perfect time to begin thinking about helping children set goals for the new year. Here are 6 tips to help you and your child...

**1. Choose a goal that is just out of reach**

Goals should be attainable, but they should require some effort. This is so that your child can really push himself or herself to meet a new challenge versus just doing what is comfortable.

**2. Break it down (the 5Ws)**

Here's where the 5 Ws (and how) come in, which will help break down how your child can achieve goals. **What:** What does your child want to do? **How:** How will your child do it? **When:** When will your child do it? **Where:** Where will your child do it? **Who:** Who are the people that can help? **Why:** Why is this goal important for your child?

**3. Let your child own it**

After you have settled on a goal and have helped your child break it down, aid your child in setting up checkpoints to review progress.

**4. Show support and role model for your child**

Your support and help can encourage your child to persevere with his or her goals.

**5. Reward accomplishments and offer encouragement**

Encourage your child with statements that affirm effort and perseverance.

**6. Reflect and revise**

Help your child honestly evaluate himself or herself and learn from the process of pursuing a goal, even if he or she didn't succeed.

## December's Focus:

### Goal Setting

<https://blog.edmentum.com/6-parent-tips-setting-goals-your-child>



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Achieve greater success by setting

## SMART GOALS

- S** - Specific - write out clear, concise goals.
- M** - Measurable - the ability to track your progress.
- A** - Achievable - set challenging, yet achievable goals.
- R** - Relevant - set goals that are relevant to your overall life plan.
- T** - Timely - goal has a target finish time attached.



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**Goal Setting**

