



Teach your child how to achieve a goal in five steps

January is a time for taking stock and setting goals. Most people make some type of New Year's resolution. Then two weeks later, many realize that they haven't followed through.

Kids are no different. Why not make this the year that your child learns how to achieve the goals he sets for himself?

When your child sets a goal, help him choose one he can reach in a short time frame. Encourage him to be specific. For instance, "Be smart" is too broad. "Learn multiplication facts," however, can be observed and measured.

Then help your child follow these five steps for achieving the goal:

1. State the goal. "My goal is to learn my multiplication facts." He should write it down and post it where he will see it.
2. Plan how to meet the goal. "I will make flash cards and study them for 15 minutes every night. I will ask Mom to quiz me on Fridays."
3. Talk about the goal with others. This builds commitment to the goal. Your child should tell his teacher what he plans to do.
4. Do each step in the plan, one at a time. If problems come up, talk about possible solutions. Perhaps he is too tired after doing his homework each night to review his flash cards. Maybe he could study them in the mornings while he eats breakfast instead.
5. Motivate and celebrate. Praise your child for his effort each step of the way. "I am proud of you for studying your multiplication facts this morning." And when he achieves his goal, celebrate how his hard work paid off!

Reprinted with permission from the January 2014 issue of *Parents make the difference!*® (Elementary School Edition) newsletter. Copyright © 2013 The Parent Institute®, a division of NIS, Inc.