

Help your child follow these steps for achieving a goal

January is a time for taking stock and setting goals. Most people make some type of New Year's resolutions. 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 she sets for herself? When your child sets a goal, encourage her to choose one she can reach in a short time frame.

Then, help her follow these four steps for achieving the goal:

1. State the goal. "My goal is to learn my multiplication facts." She should write it down and post it where she 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 Dad to quiz me on Fridays."
3. Talk about the goal with others. This builds commitment to the goal. Your child should tell her teacher what she plans to do.
4. Do each step in the plan, one at a time. If problems come up, talk about possible solutions. Perhaps she is too tired after doing her homework each night to review her flash cards. Maybe she could study them in the mornings while she eats breakfast instead.

Don't forget to praise your child for her effort each step of the way. "I am proud of you for studying your multiplication facts this morning." And when she achieves her goal, celebrate the way her hard work paid off!

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