



# PARENTS USE YOUR POWER

October 2014

## PowerTalk for Families

Work to set a Family Goal—something that involves every member of your family!

### NEWSLETTER ARCHIVE

Family Activities  
Role Models  
Building Resiliency  
Boundaries  
Confrontations  
Networking

### **NEXT MONTH:**

**Obstacles to Our Goals**



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## Helping Your Child Set Realistic Goals



Our children have so many amazing opportunities available to them. Through sports, clubs, extra-curricular activities, academic achievement, musical and artistic endeavors, our children have many options that may not have been available to their parents. We don't want to limit the possibilities, but when there are too many things to do, our children become overwhelmed. That puts them at risk for making unhealthy choices.

What can parents do to help their children navigate this busy world of amazing opportunities? Begin by teaching your child to set goals. Realistic, achievable, personal goals are important for all of us, and it is an essential skill for adolescents to learn. Setting goals allows young people to assess the value of the opportunity that lies ahead of them and develop a realistic plan to achieve those goals. By learning to set goals, our children can begin to focus on those things that are important to *them* and eliminate those options that might be really great things, but don't help them achieve their own personal goals.

Use these Parenting Power Tips below as you help your children learn to develop their own personal goals. Also check out this month's [PowerTalk for Families](#) activity to develop a Family Goal that involves everyone in your family!

### Parenting Power Tips:

- Make it **PERSONAL**. It's important for adolescents to choose goals that are important to them. It should be something *they* are interested in. If they are trying to achieve someone else's goal, they will lose interest, become discouraged and not achieve that goal. This will cause them to be reluctant to set future goals. It's important for you to be part of the goal setting process with your children, but make sure that the goal is theirs.
- Is it **POSSIBLE**? Your child's goal should be achievable. That doesn't mean it should be easy, but it should be something that your child *can* achieve if they commit to doing the work that is necessary.
- Choose a **POSITIVE** goal. Don't set out not to do something (i.e. "I won't fail my next math test") Instead teach your child to state their goals as a positive action (i.e. "I will get a B on my next math test") It's much easier to work *toward* something.
- Be **SPECIFIC**. Your child's goal should be achievable and measurable so that they will know when they have reached it.
- Make a **PLAN** to achieve your goal. After your child identifies a goal, it's important to help them figure out how to achieve that goal. Use this month's [PowerTalk for Families](#) activity to help your family set a Family Goal and make a plan to achieve it. Then use this process to help your child develop a plan to achieve his/her personal goals.
- **MODEL** healthy goal setting. Your children are watching and learning from you. They learn how to set goals and achieve them by observing those adults that are important to them. What are your personal goals? Are you choosing opportunities that are helping you to achieve your goals? You can help your child learn this process by showing them how it works in your life.

## ThePowerofChoice.Info

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