



Goals:

As we begin the new year, it is a time to think about resolutions. New Year's resolutions are not just for adults. It is important for kids to think about goals they would like to achieve in the year. Challenging your child to try new things, work harder and achieve goals can be a great, fun adventure you can go on together. Make your goals **SMART**.

S: Set specific and realistic goals- Encourage your child to pick one or two areas they want to work on.

M: Make certain the goal is measurable- To determine if your goal is measurable, ask questions such as...How much? How many?How will I know when it is accomplished?

A: Make sure goals are attainable-You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps. Goals that may have seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but because you grow and expand to match them.

R: Goals are realistic-To be realistic, a goal must represent an objective toward which you are both *willing* and *able* to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal represents substantial progress.

T: Goals are timely – A goal should be grounded within a time frame. With no time frame tied to it, there's no sense of urgency.

January Guidance:

In January, we will discuss conflict and conflict resolution.

The fact that conflict exists, however, is not necessarily a bad thing. When you resolve it effectively, you can also eliminate many of the hidden problems that the conflict brought to the surface. There are other benefits that you might not expect, such as:

- Increased understanding. Going through the process of resolving conflict expands people's awareness, and gives them an insight into how they can achieve their goals without undermining others.
- Better group cohesion. When you resolve conflict effectively, team members can develop stronger mutual respect, and a renewed faith in their ability to work together.
- Improved self-knowledge. Conflict pushes individuals to examine their goals and expectations closely, helping them to understand the things that are most important to them, sharpening their focus, and enhancing their effectiveness.



