
Goal Diggers: The Parent Educator's role in facilitating successful family goal setting

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Why is goal setting important?

- Supports overall family well being
- Potential to establish good habits or deter bad habits
- Builds sense of self-efficacy
- Increases positive parent-child interactions



Parent Educator's Role

- **Connect** with parents on topics that are important to them expressed in conversations about their child's learning or their parenting.
- **Reflect** on things they have listed as desires and the child's assessments.
- **Agree** on goals that are most important to the parents.
- **FACILITATE** the identification, setting, and obtaining of goals.

SMART Goals

Foundational Curriculum pg. 92

Goal: object of a person's ambition or effort; an aim or desired result.

Specific

Measureable

Attainable

Realistic

Timely

Goals and Survivorship Bias

Winners and losers have the same goals.

- James Clear, author Atomic Habits

FACILITATE: We must equip our families.

REFLECT

Have you ever set a goal that you did not achieve?

What helped you meet a goal you set that you did achieve?

Types of Goals

- Outcome: specific one time event or outcome
- Process: a repeated process on a regular basis for a desired effect

Outcome Examples

- Getting a flu shot
- Register child for Kindergarten
- Sign up for assistance program

Process Examples

- Establish a family reading routine
- Family Dinners



FACILITATE

Identify process and outcome goals for families!

With SMART Goals, all aspects of goal setting should be clear, and we shouldn't assume families know this.



Role of Intentions

→ **Outcome**

Strong intentions and convictions directly influence a person's actions

→ **Process**

Intentions had very little impact and HABITS overruled actions.

→ **Identity**

What you believe about yourself has a direct impact! (Think about family well-being!)

Equipping Families

Action Steps: the specific steps or efforts of an action plan.

Systems: a set of principles or procedures according to which something is done; an organized scheme or method.

Habits: a settled or regular tendency or practice, especially one that is hard to give up.



FACILITATE

After connecting and reflecting on the type of goal a parent wants to set and why, we can use these tools to help them troubleshoot how they will be successful.

But what does this look like?

Let's put this into action!



REMEMBER

- SMART
- Process vs Outcome
- Facilitate by troubleshooting Action Steps, Systems, & Habits
- Don't forget identity and its role in family well-being

Goal: Read to my child daily

Action Steps:

- Find out what types of books are age appropriate.
- Obtain age appropriate books.
- Choose most convenient time in my day to read to child.

Systems:

- Keep the age appropriate books in the location where they will be used daily.
- Alarm on smart device at specific time each day
- Turn covers of books outward so that they draw children in.
- Let the child choose a book each day if they are interested.
- Respond to child and “book walk” instead of reading the whole thing if necessary.

Habits:

- Read a book before bed every single day.
- Take child to the library every other Saturday

Goal: Toilet train child

Action Steps:

- Learn the signs of readiness.
- Find out methods of toilet training.
- Decide on a toilet training method.
- Discuss method with other caregivers.
- Watch for readiness.
- Discuss with child and read age appropriate books about toilet training to child.
- Prepare bathroom for toilet training.
- Begin method of toilet training.

Systems:

- Have chosen training potty or bathroom readily accessible.

Habits:

- Take the child to the bathroom at regular intervals.
- Praise child throughout process.
- Show patience with child by X,Y,Z.
- De-stress using specific method during the process.

**Goal: Have a family meal
at the table daily.**

Action Steps:

Systems:

Habits:



Resources

→ Online

Parents As Teachers Foundational Model

<https://parentsasteachers.org/>

Center for The Study of Social Policy

<https://cssp.org/resource/strengtheningfamilies101/>

→ Print

S.M.A.R.T. Goals Made Simple by S.J.
Scott

Atomic Habits by James Clear

The Power of Habit by Charles Duhigg

Good Habits, Bad Habits by Wendy
Wood