

Goals

The key to this process is to create a vision of the future, and have the courage to write down what you want to achieve for your child.

We recommend you set your time point about 6 months in the future. It is convenient to think about goals to be achieved by **midyear**, or by the **end of the year**.

Key Goals

The key goals are the MAIN areas of your child's development you want to work on, and what you would like to achieve over the next 6 months or so.

We have structured this form so that you have two key goals – main developmental goal, and main resilience, or mental health goal.

Key Developmental Goals

A developmental goal refers to your child's developmental journey of learning. It may be **knowledge** (such as language comprehension), **skills** (such as writing or reading), **self control** (such as attentional or emotional control), or **social/behavioural** (such as knowing how to handle a certain situation in an age appropriate way).

Example developmental goals include

- Language abilities
- Learning levels and skills
- Sporting or physical skills
- Social and behavioural abilities
- Self control in certain situations

Key Resilience / Mental health Goals

Resilience refers to how well your child manages their life. Mental Health refers to their happiness, optimism, passion, self-beliefs, self-esteem, ability and energy to put into their journey through life.

Example resilience goals include

- Liking themselves, being happy
- Happy to go to school
- Being able to manage bullying and teasing
- Spending time in their interests, hobbies, strengths, passions

Other Goals

Our suggested format includes one key developmental and one key resilience goal. After these, we have space for the other areas you would like to work on.

These can be anything. They can be just for your child. They can include goals for your teacher, or for your family. They can include your child's health and daily lifestyle. They are anything you feel is important to work on, to work towards, to achieve.

How to think about goals

Our recommended way to think about a goal is to imagine you are having lunch with your best friend, 6 months into the future. Imagine they ask you about your child.

Firstly they ask if your child is happy, and how they are managing. What would you like to be able to say to your friend in reply? Your words are your key resilience/mental health goal.

Then they ask how your child is going. The question refers to your child's development. Again, your words, what you would like to be able to say in response to that question, are your key developmental goal.

Then they ask specific questions about areas that are relevant to your child's life, for example, their reading, writing, maths, friends, sporting abilities, behaviour, emotional control, attention control, or even their health, exercise, eating or sleeping. The responses to each of these specific questions are your other goals.

Final thoughts

There are no right or wrong goals.

You might be afraid of unrealistic goals, goals that are too ambitious, or too high. Don't be afraid. Write them down. If you find that they are too high, you can change them later.

Goals give you a sense of direction. They make sure you are going to somewhere, rather than going away from somewhere.

Goals enable multiple people to work together, to work on the same issue, to talk about the same strategies, to share information on progress, and develop a sense of partnership.

Goals are uniquely human. Human achievement has rarely occurred by accident. Great achievements began with people who dared to dream, to imagine what the future might look like.