

## Goal Setting for Children: the Parental Role is Important

In January, many people set their yearly goals. The holiday season is over. It's back to school, back to work, and back to family routines. Teachers plan their new year's classes while parents think about their family and what they want for each member. Employees set work plans and annual goals.

Children should also be encouraged to set goals for learning, personal growth, and their future. When children learn to set goals and reach them, they can visualize their future, select good choices, and make their dreams come true.

Unfortunately, many children find goal setting challenging. Here are some ways to help your children set their own goals and reach them.

### Ask them about their dreams and desires.

Listen to them. Ask open ended questions in response to their thoughts. If the ideas seem outlandish or unrealistic, don't squelch them, just shape them

**Encourage them to set goals that relate directly to their desire** Their own desire will then fuel their motivation.

### Help them to work around their struggles as they work towards their goals

Goals should be SMART: **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**ime-bound. If you set goals yourself, talk about how you set them and what you do to meet them.

### Teach and model perseverance

People who struggle with learning often face [unseen] barriers. This means perseverance is particularly important.

### Teach children to handle setbacks and failures

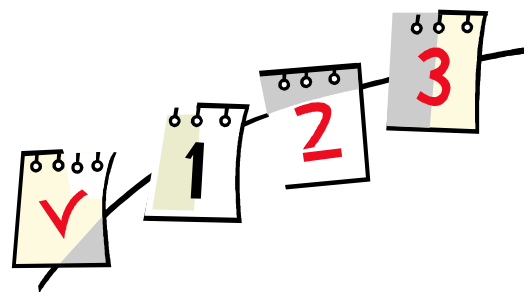
Tell them that mistakes are opportunities to learn and that the road to success often involves many detours. The important thing is to try again. Successful people find new ways of achieving their goals, ways that are often significantly unique.

Here are some specific ways that you can encourage your children to set goals and persist in accomplishing them:

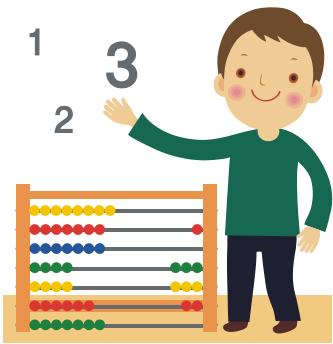
- Notice when they are working towards their goals and praise them for it. Be particularly alert to the goals they themselves select.
- Link their schoolwork to the goals they want for themselves.
- Praise the process they use as well as the end product. They deserve praise for persisting, especially when the end results are not achieved yet. For example, your child or student keeps on working on a phonics skill, long past the time when other children have learned it. Notice and encourage his persistence.
- When they succeed, ask, "How did you do it?" Listen intently to what they tell you. Have them speak of their own success. This helps them understand what works for them. It teaches them to rely on themselves for reinforcement rather than waiting for an authority figure to praise them. Teach them to compliment themselves, to give themselves positive reinforcement so they can motivate themselves.

### Inspire your children to overcome their struggles and reach their dreams

Help them reach their inner hero. Many people attribute their success to a teacher, parent, neighbor, or other adult who believed in them when they did not believe in themselves.



Adapted from:  
[http://www.idonline.org/article/Goal\\_Setting\\_for\\_Children\\_with\\_Learning\\_Disabilities%3A\\_Your\\_Role\\_is\\_Important](http://www.idonline.org/article/Goal_Setting_for_Children_with_Learning_Disabilities%3A_Your_Role_is_Important)



## Ways to Support Your Child's Mathematical Thinking

Excerpted from  
<http://teachersnetwork.org/NTN>  
[Y/nychelp/math/parents.htm](http://nychelp/math/parents.htm)

Parental support is an important part of a child's success in school. Whenever we sit beside a child and take interest in their math work, we are supporting their mathematical thinking. Hopefully these tips will help you become active participants in your child's mathematical thinking development.

- **Nurture their awareness of math in the world**

Point out ways math is used in their life (paying for groceries, measuring, counting, categorizing, and telling time).

- **Provide your child with some tools at home**

- ✓ Coins to use for word problems that involve money
- ✓ Buttons or game chips to use for counters
- ✓ 100 Number Chart on a 10 by 10 grid

- **Support their independent problem solving**

- ✓ Encourage your child to read and reread the problem, visualize the problem and restate the problem in their own words.
- ✓ Ask the child to think about the best way to solve the problem. Validate their first choice and support their independence by providing tools (see sample list above).
- ✓ Ask them about the process they use while they are solving the problem and give them time to make a mistake. Wait before you attempt to correct the child. If you intercede too soon, the child may not notice his or her mistake and have the opportunity to correct it himself.
- ✓ When the child finishes solving the problem in one way, you can talk about other ways to solve the problem and use the tools to demonstrate how the other way works.

- **Practice one digit math facts (addition and subtraction) at home. Concentrate on strategies to learn the facts rather than memorization. Here are some strategies:**

Combinations of ten.  
 4+6, 5+5, 7+3, 8+2, 9+1

Combinations of 10 Plus 1  
 4+7, 5+6, 7+4, 8+3, 9+2

Combinations of 10 Minus 1  
 3+6, 4+5, 5+4, 7+2, 8+1

Doubles  
 2+2, 3+3, 4+4, etc.

Doubles Plus 1  
 2+3, 3+4, 4+5, etc.

Doubles Minus 1  
 2+1, 3+2, 4+3, etc.

## Happy New Year

HATS	BANNERS	FIREWORKS
FEAST	BABIES	BALLOONS
HORNS	<b>FAMILY</b>	CELEBRATE
PARADES	SINGING	STREAMERS
PUNCH	JANUARY	RESOLUTIONS
PARTY	MIDNIGHT	NOISEMAKERS

Find the missing words within the Word Puzzle below.

T	B	B	T	S	F	J	J	S	T	A	H	C	B	B
D	J	W	H	E	K	<b>F</b>	<b>A</b>	<b>M</b>	<b>I</b>	<b>L</b>	<b>Y</b>	W	A	A
E	S	M	A	O	S	R	D	F	U	D	J	S	N	L
Z	O	S	C	B	L	C	O	D	R	S	T	T	N	L
U	T	D	D	S	Y	I	O	W	N	R	I	X	E	O
H	E	P	W	N	K	M	D	O	E	Y	R	I	R	O
S	T	A	Z	R	R	N	I	A	W	R	F	K	S	N
E	A	R	R	O	Q	T	M	D	Y	N	I	Q	V	S
I	R	T	C	H	U	E	P	S	N	R	I	F	O	K
B	B	Y	N	L	R	U	F	D	E	I	N	Z	N	L
A	E	S	O	S	N	M	V	E	O	D	G	Z	X	M
B	L	S	R	C	J	H	M	C	W	Q	A	H	S	C
C	E	T	H	L	Y	R	A	U	N	A	J	R	T	G
R	C	S	R	E	K	A	M	E	S	I	O	N	A	X
L	S	E	S	I	N	G	I	N	G	P	W	P	P	P