

Parenting Goals

Imagine it's a typical morning in your home. Your child is getting ready for school and it's getting late! What do you want your child to accomplish on this morning?

In other words, what are your parenting goals for this morning?

Let's think about the goals you listed.

Did you include goals such as:

- Getting dressed quickly?
- Eating quickly?
- Obeying you?
- Doing what you say right away?

These are **SHORT-TERM GOALS**.

Short-term goals are those that parents want to achieve right now. For example, you might want your child to:

- Get her shoes on now
- Get off the road now
- Come in the house now
- Stop hitting his sister now

Exercise – Parenting Goals 1

List 5 things that you hope your child will accomplish before you leave the house this morning.

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Long-term Goals

Close Your Eyes and imagine your child is all grown up. You are about to celebrate your child's 20th birthday. What kind of person do you hope your child will be?

What kind of relationship do you want to have with your now grown child?

Let's think about the goals you listed.

Did you include goals such as:

- Good problem solving?
- Good communication?
- A good relationship with you?
- Caring about you when you are old?
- Empathy with and respect for others?
- Knowing right from wrong?
- Taking responsibility?
- Honesty and integrity?
- Confidence?
- Motivation to master tough challenges?
- Ability to think independently?

Exercise – Parenting Goals 2

List 5 characteristics that you hope your child will have at age 20.

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Long-term goals are those that parents want to achieve by the time their children grow up.

Giving Warmth...

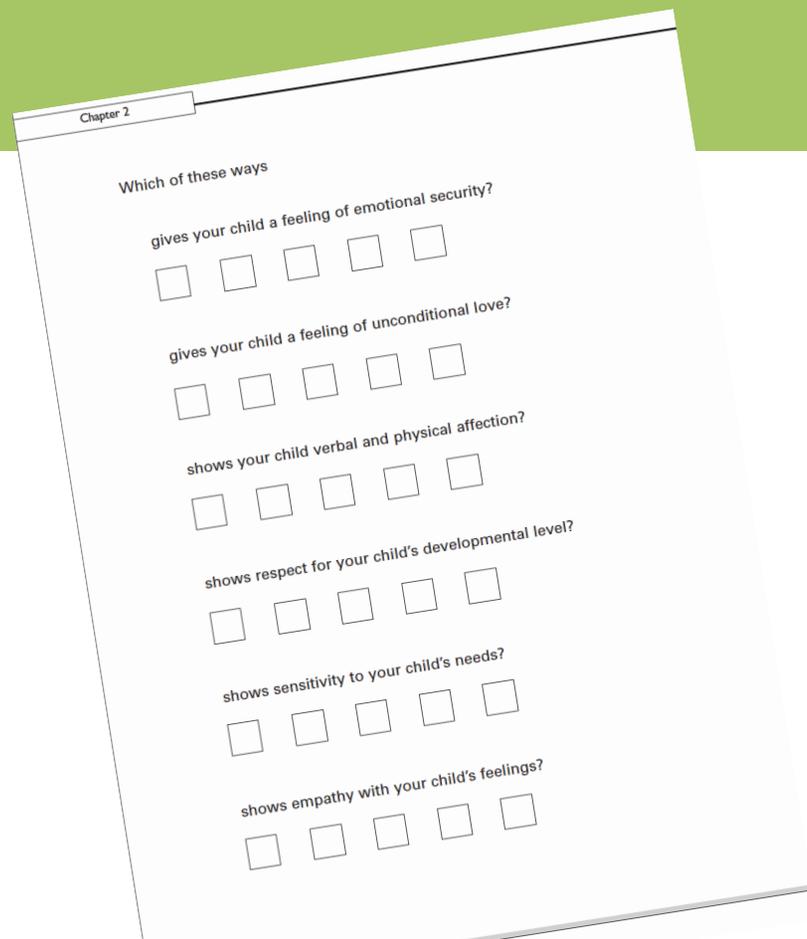
Warmth is essential to bonding with your child and allows the child to feel safe and receptive to your guidance.

How do you show warmth toward your child?

Exercise – Giving Warmth

List 5 ways that you give warmth to your child.

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4.
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5.
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Providing Structure...

- Clear guidelines for behavior
- Clearly stated expectations
- Clearly explained reasons
- Support to help the child succeed
- Encouragement of the child's independent thinking
- Negotiation

Exercise – Providing Structure

List 5 ways that you provide structure for your child.

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3.
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4.
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5.
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Which of these ways

gives your child clear guidelines for behaviour?

states your expectations clearly?

explains your reasoning to your child?

helps your child to succeed?

encourages your child's independent thinking?

involves negotiation with your child?