

## **Tips for Parents to use with the Kid Connection Video**

### **Setting a Goal**

To follow up with your child about setting a goal:

- Talk with your child about achievable goals and brainstorm ideas (for example, making his bed every morning for the week).
- Have your child write down his/her goal and post it where he/she will see it regularly.
- Discuss strategies to help your child reach the goal (for example, post a note reminding your child to make his/her bed each morning, have a chart with the days listed so that your child can make a check each day after making the bed).
- Provide positive feedback for small steps and for reaching the goal.