Goal Setting

A Parallel Process
Presented By Laura Krueger

Parents as Teachers™
The Focus of Goal Setting in the PAT Approach

- Empower parents by building confidence and competence
- Increase positive parent–child interaction
- Nurture positive parenting behaviors
- Promote healthy child development and school readiness
- Support parent and family well-being
The Parent’s Role

- Participate in the program as agreed upon at enrollment
- Communicate their expectations
  “What do you hope to gain from participation in this program?”
- Take action towards the goal
The Parent Educator’s Role
What’s a Goal?

Goal – The object of a person’s ambition or effort, an aim or desired result
What gets in the way?

- Barriers to setting and achieving goals
CLEAR THE WAY
Leverage Strengths

- Recognize current and past successes
- Point out the skills used in a particular success
- Apply those skills to the current situation
Steps to Setting and Achieving Goals with Families

- Identify possible goal topics
- Listen for goals
- Reframe it
- Explore
- Write out a plan of action
- Evaluate progress
How to Identify Possible Goal Topics

- Partner with parents to discover their interests, concerns and issues.
- Refer to observations, screening, discussions and assessment results.
- Consider child–development, development–centered parenting and family well–being.
- Reflect with parents.
How to Listen for Goals

- Develop your Active Listening Skills
- Listen For:
  - Concerns “I’m worried that he won’t learn to talk.”
  - Desires “I don’t want to yell so much.”
  - Hopes “I hope they will be good students.”
  - Questions “How do I find a better job?”
How to Reframe it

- State the positive
- Ask “What do you want to happen?” or “What don’t you want?”
- Prioritize
- Determine if this is a “problem solving” situation.
How to Explore with Parents

- What are the motivators?
- What are the challenges?
- Were there previous attempts? What were those experiences like?
- Who should be involved? How can they help? What do they offer?

- Imagine the possibilities!
How to Write a Plan of Action

- Decide on the outcome
- Use the S.M.A.R.T. approach
- List action steps and time frame
- Brainstorm needed resources (formal and informal)
- Address challenges
S.M.A.R.T.

- Specific
- Measurable
- Attainable
- Realistic
- Timely
Cycle of Goal Setting

- Identify the Goal
- Make a Plan
- Take Action
- Reflect
- Next Steps
Retention and Engagement

Occurs as a result of
- Beginning Empowered
- Feeling heard
- Receiving support to meet their goals
- Feeling successful

- Continually facilitating the process of setting and achieving small easily attainable goals keeps families in a positive cycle of progress.
Model

- **Intentional Practice** – set goals for the work you do with each family.

- **Personal Goal Setting** – set your own personal and professional goals.

- **Parallel Process** – share goals with your supervisor and partner to achieve those goals.
Resources

- Toolkit card
- *Begin with the End in Mind* parent handout
- *Goal Tracking Sheet*
- *Goal Setting* Parent Educator Resource
- Additional materials available in the next Foundational Upload
“You don’t have to be great to start, but you have to start to be great.”
-Zig Ziglar