

Goal Setting OVERVIEW



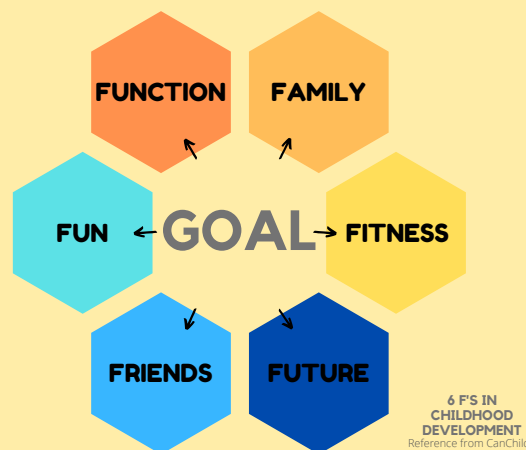
Setting goals for your child can be overwhelming, and it's hard to know where to start. Thinking about what is important to your family and your child can help.

The F-words in Child Development

After decades of research *CanChild's* Dr. Rosenbaum and Dr. Gorter published a paper titled: "The 'F-words' in Childhood Disability: I swear this is how we should think!".

They discussed that the focus in childhood development should be on the things that are most important to individuals and their families.

The authors broke this down into categories and the F-words of Childhood Disability (now referred to as the F-words of Childhood Development) were born:



For more information go to <https://www.canchild.ca/en/research-in-practice/f-words-in-childhood-disability>

Once you are able to come up with a few ideas, it's time to narrow things down a bit further.

Goal Setting

OVERVIEW



Narrowing down your '**BIG PICTURE**' goal into a **PLAN OF ACTION**

Prerequisites → what skills related to the goal does your child already possess? What skills do they need to learn?

General areas to think about:

- Communication
- Social
- Cognitive
- Motor
- Self-help and adaptive

Barriers → what barriers exist to me/my child achieving the goal? How can I remove or minimize those barriers?

General areas to think about:

- Challenging behaviour
- Anxiety
- Family situation
- Physiological

SMART goals:

S = Specific - what will be accomplished? What actions will you take?

M = Measurable - what data will you use to measure the outcome of the strategies you use?

A = Achievable - is the goal realistic? Do you need to break it down more?

R = Relevant - how does the goal align with your/your child's interests? Why is it important?

T = Time bound - what is the time-frame?

Goal Setting WORKSHEET



WHAT ARE MY GOALS??

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-
-
-

GOAL BREAKDOWN

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-
-
-
-
-
-

is it...

S M A R T

SPECIFIC MEASURABLE ACHIEVABLE RELEVANT TIME-BOUND

Goal Date

Steps Checklist

- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____

PEOPLE, PROGRAMS & SERVICES
THAT SUPPORT OUR GOALS