



Setting Goals with Your Child



S.M.A.R.T.



As you communicate with your child, they are likely to share their hopes for what they want to achieve, as well as their challenges and worries. Setting goals together using the **S.M.A.R.T.** framework can guide them towards their goals, while strengthening your parent-child relationship.



Tips

1 Ask what they hope to achieve before offering suggestions.

2 Guide your child to set **Specific** goals.

3 Make sure progress towards the goal is **Measurable**.

4 Guide your child using specific steps to set **Achievable** goals.

5 If your child is imposing high expectations on themselves, guide them to set **Realistic** goals.

6 Make sure the goals are **Time-bound**.

Sample Conversations



1 You've been on the track and field team for a while. How are you feeling about the upcoming year?

It would be nice if I could win a medal at the National School Games.



2 That's an amazing goal! What's a good timing to get a medal for the 1.6 km run event?

Maybe under...8 minutes?



3 Currently, your timing is around 8 minutes 30 seconds. What do you need to do to be on track towards reaching your goal?

I think that I need to cut my timing down by 5 seconds every two weeks.



4 So, you will be training every week then?

Hmm...I will probably do interval trainings twice a week at my target speed, and maybe endurance and strength training once a week.



Wow! 3 days of training sounds intense. 5 Maybe you should discuss this with your team coach to see if she thinks this plan is feasible? 6 You have half a year until the competition. Let's make sure you have a good plan that can help you meet your goal.