

Family Goals REFERENCE & RESOURCE Guide

QUICK REFERENCE

The family sets the goals, not the program or FSP.

- Focus on the process.
- Accomplishing even small goals can be life-altering.
- Success will increase a parent's self-worth and self-efficacy

Listen to parents to hear possible goals.

- Why did they come into the program?
- Ask open-ended questions to discover what they want for their family.
- Use screening results.

Break large goals into smaller ones.

- Make goals more achievable.
- Turn barriers into steps.
- Use scaling to prioritize.

RESOURCES

Reachables® Family Goal-setting Cards is a tool to help initiate conversations between parents and FSPs and other parenting educators to help them explore family aspirations and goal setting.
<https://www.saavsus.com/store/reachables-family-goal-setting-cards>

[Watch Jenny help Ashley](#) work through many other barriers in the complete 30-minute video, from Families Forward Virginia.

[Open-ended Questions](#) from Early Impact Virginia

[Goal Wheel](#) for help with prioritizing, from Early Impact Virginia

[SMART goals](#) information is included in this training module on the Institute website

“One of the first most important things my family support worker did was help me learn how to set goals for myself. She taught me that I could achieve things on my own. She believed in me and, more importantly, helped me believe in myself.”

~ Mother in a home visiting program