



Growing Goals

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Ready...Set...Goal

What I want to accomplish:

In what ways is my goal **Mini**, **Meaningful**, and **Measurable**?

Mini:

- How can I break this goal into steps or a few smaller goals?
- If this goal is too big, what might be another goal that would help me make progress?
- What steps or activities can I do daily or weekly to get started on this goal?

Meaningful:

- In what ways is this goal important to my family and me?
- How will my family or I benefit when this goal is accomplished?
- What might happen if I don't work on this goal?

Measurable:

- What is a reasonable timeline for this goal?
- How can I identify or document progress?
- How will I know when this goal is complete or needs to be revised?

Notes:



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Daily, Weekly, Monthly Planner

Name(s):

Goal start date:

Goal:

Payoffs for me/my family:

Steps to take to accomplish this goal:

1.

2.

3.

Ways to document or measure progress on this goal:

1.

2.

Obstacles or challenges I might experience, and how might I manage them:

Supports I have to help me accomplish this goal (friends, family, community supports, etc.) and ways they can help me succeed:

Growing Great Families® modules that can support me in achieving this goal:

Progress notes with successes and lessons learned:

Date goal was completed or revised:



Stack, Whack, & Start Again

What my child/I liked best about this activity:

How this activity impacts my child's development or strengthens our relationship:

*I used **The 4 Me's™** when:*

How to Do This Activity:

1. You can complete this activity using any household or creative supplies you have on hand. As you follow the steps, remember to refer to **The 4 Me's** to practice the skill you're most interested in exploring with your child. For example, you might practice **Nurture Me**, by using your voice and touch to let them know you care and have back and forth conversations with them.
2. Cut the cardstock sheet into squares (or another shape), **OR** invite your child to do this using child-safe scissors. Then, partner with them to write each goal step and your goal on the paper shapes. Next, color or decorate the shapes together. Tape each of the shapes to the stacking objects. The final goal shape should be placed on the smallest item, so it can be placed at the top of the stack.

As you build stacks and towers, you **MIGHT**:

- » Talk with your growing baby about how your goal will positively impact them when they are here,
- » Have back-and-forth conversations with your infant about family goals, goal steps, and simple shapes and colors,
- » As you stack objects, share with your toddler how reaching the goal will benefit them,
- » Count the objects in a stack or count the four blocks with the goal and goal steps taped to them with your child, or
- » Have fun knocking over the stacks together, using different objects, like toy trucks, balls, or feet.



