

# PARENTING NEWSLETTER

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## Helping Children Set and Achieve Goals



Dear Parents,

December is a month of reflection — a gentle pause before we begin again. As the year comes to a close, it offers a perfect opportunity for families to look back at the journey so far and guide children to think about what they want to learn, improve, or try in the coming year. Goal-setting is not just about academics; it helps children build confidence, direction, and a sense of responsibility.

## Why Goal-Setting Matters



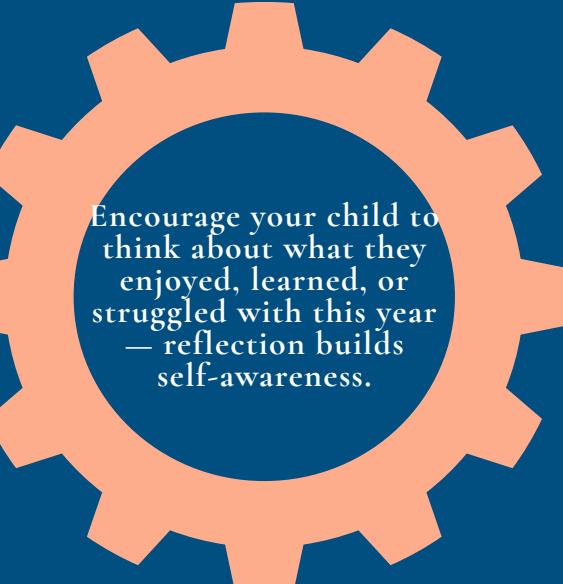
A 2023 study of primary school children in Greece found that combining self-assessment with formal goal setting significantly improved academic performance compared to a control group. Students who used self-directed learning and set their own goals demonstrated greater engagement and academic gains.



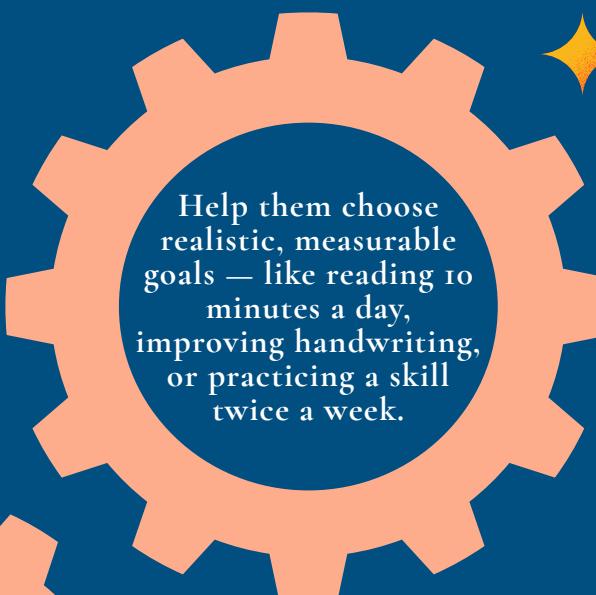
Research on senior-secondary students in Nigeria showed that training in goal-setting skills led to significant improvement in English-language performance compared to peers who did not receive the intervention.



# How Parents Can Support Goal-Setting



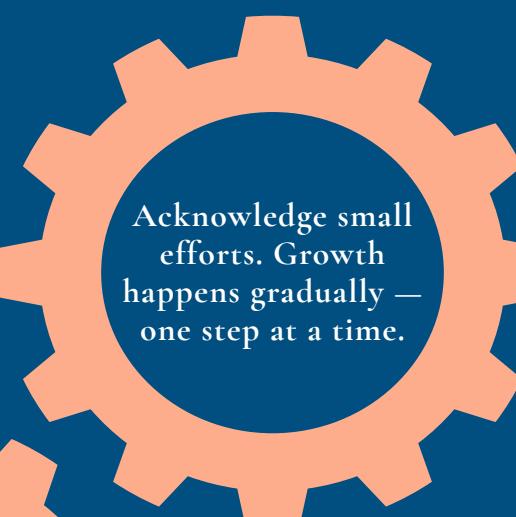
Encourage your child to think about what they enjoyed, learned, or struggled with this year — reflection builds self-awareness.



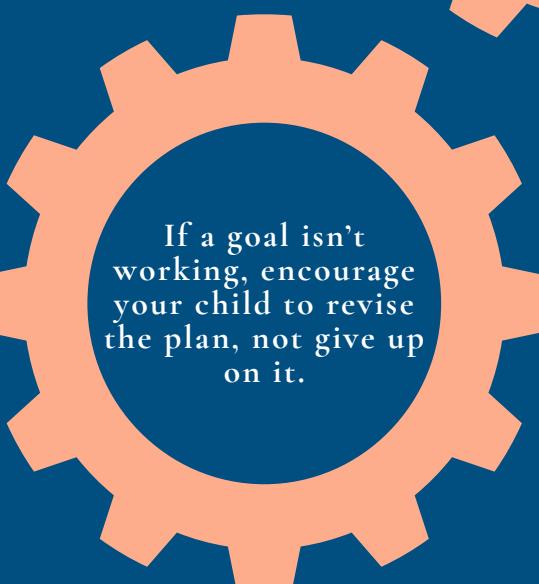
Help them choose realistic, measurable goals — like reading 10 minutes a day, improving handwriting, or practicing a skill twice a week.



Create a goal board or checklist to make goals fun and visible. Stickers work great for younger children; journals for older ones.



Acknowledge small efforts. Growth happens gradually — one step at a time.



If a goal isn't working, encourage your child to revise the plan, not give up on it.



Support rather than monitor — children stay motivated when they feel guided, not pressured.

**The end of the year is a beautiful time to pause as a family, express gratitude, and help children imagine who they want to become in the new year. This season is not just about celebration — it's also a time of gentle planning, dreaming, and setting the stage for a confident start to January.**