Family Goal Planning Guide

**PURPOSE:** The purpose of this Guide is to assist Family Advocates in identifying family goals and developing the family goal plan. These are suggestions and examples that can be used to start the conversation with families related to developing a family goal plan. Identifying key areas for each family may be done by reviewing the Parent Family and Community Engagement Outcomes Intake Survey.

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Family Well-Being

Employment Goals
1. Find a Job
2. Find a Better Job (define better: pay, environment, benefits, etc.)

Areas of Assistance:
- Review or Write a Resume
- Provide Work Search Resources
- Consider Going Back to School

Financial Goals
1. Developing a Family Budget
2. Reducing Monthly Bills

Areas of Assistance:
- Provide with Information About Financial Planning Classes
- Provide with Information About Energy Efficiency (utilities costs)
- Identify Sources of Financial Assistance
- Consider Employment Goals

Medical Dental Goals
1. Find a Medical/Dental Home
2. Secure Health/Dental Insurance
3. Maintain Routine Examinations

Areas of Assistance:
- Provide with a List of Area Doctors and Dentists
- Provide with Insurance Resources (public and private)
- Provide Resources on Important Medical Routine Examinations

Home Goals
1. Move to a Safer Neighborhood
2. Move into a Safer Home
3. Move into a Bigger Home (to fit the family)
4. Own a Home

Areas of Assistance:
- Provide with a List of Area Housing Programs
- Provide with Resources to Housing (rental/ownership)
- Provide Resources (including classes) on Home Ownership/Mortgage Qualifying
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Mental Health Goals
1. Provide Better Care for a Chronically Ill Family Member
2. Manage/Cope Better as a Single Parent
3. Manage/Cope Better as a Grandparent Raising Grandchildren

Areas of Assistance:
- Provide with Resources for Patient Care
- Provide with Information About Local Support Groups
- Provide with Information About Local Counseling Services
- Council on the Aging

Nutrition Goals
1. Nutritional Menu Planning (budgeting, shopping, and preparing skills)
2. Financial Assistance with Food (nutrition)

Areas of Assistance:
- Food Programs (food banks, WIC, food stamps)
- Provide with Resources and Classes (UF Extension)

Transportation Goals
1. Find Reliable Transportation
2. Fix Current Transportation
3. Install Child Safety Restraints

Areas of Assistance:
- Refer to Budgeting Courses
- Provide with Information About Local Transportation Options
- Provide with Child Safety Restraints and Installation Training

Positive Parent-Child Relationships

Social Emotional Development Goals
1. Be Able to Better Manage My Child’s Behavior
2. Understand What “normal” Development for My Child Should Look Like
3. Learn to Control My Emotions (Ex. I lose my temper easily.)

Areas of Assistance:
- Refer to Parent STEP (Parent Talk) – HS Program Service Offered Monthly
- Provide with Information Related to MH Services (program and public)
- Provide with Information Related to Parenting Classes
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Parent Child Interaction Goals
1. Spend More Quality Time With My Child(ren)
2. Involve My Child(ren) in Community Activities (ball, church, clubs, etc.)
3. Volunteer in My Child’s School

Areas of Assistance:
• Provide with a List of Community Activities Designed for Families
• Provide with Information About Family Activities (Ex. family game nights)
• Provide with Application for Volunteering

Routine Goals
1. Develop a Consistent Schedule
2. Eat Dinner Together as a Family
3. Involve My Family (children) in Household Responsibilities (chores)

Areas of Assistance:
• Provide with Resources and Classes to Help with Time Management
• Refer to Nutrition Classes
• Provide with Resources on “Things Kids Can Do”

Families as Lifelong Educators
Home Learning Goals
1. Organize Learning Supplies at Home
2. Purchase a Computer for Home

Areas of Assistance:
• Refer to Local Organizations That Provide School Supplies (Ex. cram the van)
• Provide Information Related to Selecting a Computer
• Provide Resources That Provide Computer Access to Families
• Refer to Budget Planning

Early Childhood Development Goals
1. I Want to Understand What My Child is Saying
2. I Want My Child to Have Words to Express Himself (communicate)

Areas of Assistance:
• Refer HS Student Parents to Their Child’s Teacher
• Refer non-HS Students to Appropriate Resources (based on age)
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Home Reading Goals
1. Learn How To Read (adult)
2. Create a Library of Age and Developmentally Appropriate Books at Home
3. Spend Time Reading with My Child Daily

Areas of Assistance:
- Provide Information About Local Adult Literacy Classes
- Provide Information About Local Libraries of Books for Children
- Provide Early Childhood Reading/Literacy Trainings/Activities

Parent Teacher Relationship Goals
1. Developing a Positive Relationship with Teachers and Administration (I had a bad school experience growing up.)
2. Seeing My Child Want to Come to School

Areas of Assistance:
- Provide with Information About Volunteering
- Provide with Encouragement and Training on Building Positive Relationships
- Schedule a Parent/Teacher Conference to Address Concerns

School Home Communication Goals
1. Make My Child’s School Day a Priority
2. Develop a Daily Conversation About School With My Child

Areas of Assistance:
- Provide with Encouragement, Resourcing, and Training on How to Talk to Kids
- Provide Resources and Trainings Related to Time Management

Educational Expectations Goals
1. Continue My Education
2. Encourage My Kids to Make School a Priority

Areas of Assistance:
- Provide with Information on Local GED, Vocational, and College Programs
- Provide with Resources and Training on Parenting (laying an encouraging foundation)
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Families as Learners
*This section is covered by many examples above.*

Family Engagement Transitions
*This section is covered by many examples above.*

Family Connections to Peers and Community
*This section is covered by many examples above.*

Families as Advocates and Leaders
1. Develop a Better Understanding of My Rights as a Parent
2. Become a Leader in the Community

Areas of Assistance:

- Provide Resources and Training Related to Laws Governing Children and Families
- Provide Resources and Introductions to Local Leaders (civic, public, religious, etc.)