

# HOW TO HELP KIDS ACHIEVE HEALTHY GOALS

Setting goals as a family is a good starting point when trying to build healthy habits. Breaking it down individually and helping your children understand how to set goals leads them to a path of success. There are a lot of benefits for starting children young when setting goals. Some of those benefits are:

- **TEACHES THEM TO TAKE RESPONSIBILITY FOR THEIR OWN BEHAVIORS AND LEARNING**
- **PROMOTES A "CAN-DO" ATTITUDE**
- **HELPS THEM FORM LIFELONG HABITS**

## TYPES OF GOALS

### EATING HEALTHY



Help your children understand that putting good things into our bodies helps us feel better in the end. Starting children young on their eating habits will help stabilize their energy, improve their minds, even out their moods, help them maintain a healthy weight, and help prevent some mental conditions. Some examples of goals children could set in this category are: drink more water every day, eat vegetables everyday, eat a good breakfast, etc.

### MOVING MORE



To help your kids move more, find an activity they will enjoy. Your kids may see physical activity as boring or hard. Help them understand that it doesn't have to be that way. Talk to your kids about what they enjoy doing. Have them try different activities until they find one that feels right.

### OTHER WELLNESS PRACTICE



This category could be taken in several different directions. Maybe your child needs to work on better sleeping habits, a habit could be set in that area to help with that. You could also help your kids set intellectual goals. School is important and setting goals related to their learning will help them achieve success. Perhaps they want to improve in a subject, learn a new skill, etc.

## ACHIEVING GOALS IS LIKE CLIMBING A STAIRCASE

Goals take work and effort. To get to the top of a staircase, you have to take one step at a time. That is how it is with goals, you won't accomplish it all at once. You need to break down the goals into habits or steps to achieve them.

