

# REACHABLES™

## Family Goal Setting Cards

**Reachables** is a tool for home visitors, parent group leaders and others to help parents set attainable goals for their child, themselves and their family.

As you introduce each set of cards, have parents choose the cards that are most important to them.

### 1. Introducing the Child Quality Cards

- Ask parent(s) to think about a time in the future when their child is ready to face the world on their own. What kind of person do they want their child to be? What qualities do they want their child to have?
- Ask parent(s) to choose approximately 5 cards that describe the most important qualities they want to see in their child. Each parent may choose different qualities.
- Have a conversation with the parent(s) about what they can do at their child's current stage of development to help their child develop the qualities in the chosen cards. Write down their responses.

### 2. Introducing the Parent Quality Cards

- Ask parent(s) to reflect back on how they were parented. Ask what kind of parent they want to be for their child?
- Ask parent(s) to choose approximately 5 cards that describe the most important qualities they want for themselves as parents. Again, each parent may choose different cards.
- Ask parent(s) to identify which of the parent qualities they are already achieving and which they aspire to. Ask parent(s) what they can do to develop these qualities. Write down their responses.

### 3. Introducing the Family Goal Cards

- Ask parent(s) to think about what they want for their family.
- Ask parent(s) to choose approximately 5 cards that represent goals they would like to achieve.
- Ask parent(s) what strategies they would use to achieve each of their goals. Write down their goals and strategies.

### Tips for success

- Encourage smaller goals when larger goals seem overwhelming.
- Encourage parent(s) to make goals as specific as possible so they can experience success.
- Encourage parent(s) to identify strategies to achieve their goals that are realistic and can be accomplished within a reasonable amount of time.
- If parents need help in developing goals, you can ask questions, engage in dialogue or give examples.
- Celebrate their success with them!

Special thanks to the Lane County Healthy Start Team at Parenting Now! for their help in developing this wonderful tool.

To purchase Reachables, please contact:



PO Box 11136, Eugene, OR 97440  
[www.saavsus.com/parentingnow](http://www.saavsus.com/parentingnow)

Imagine the  
Possibilities!