



Raising Confident Children and Setting Meaningful Goals



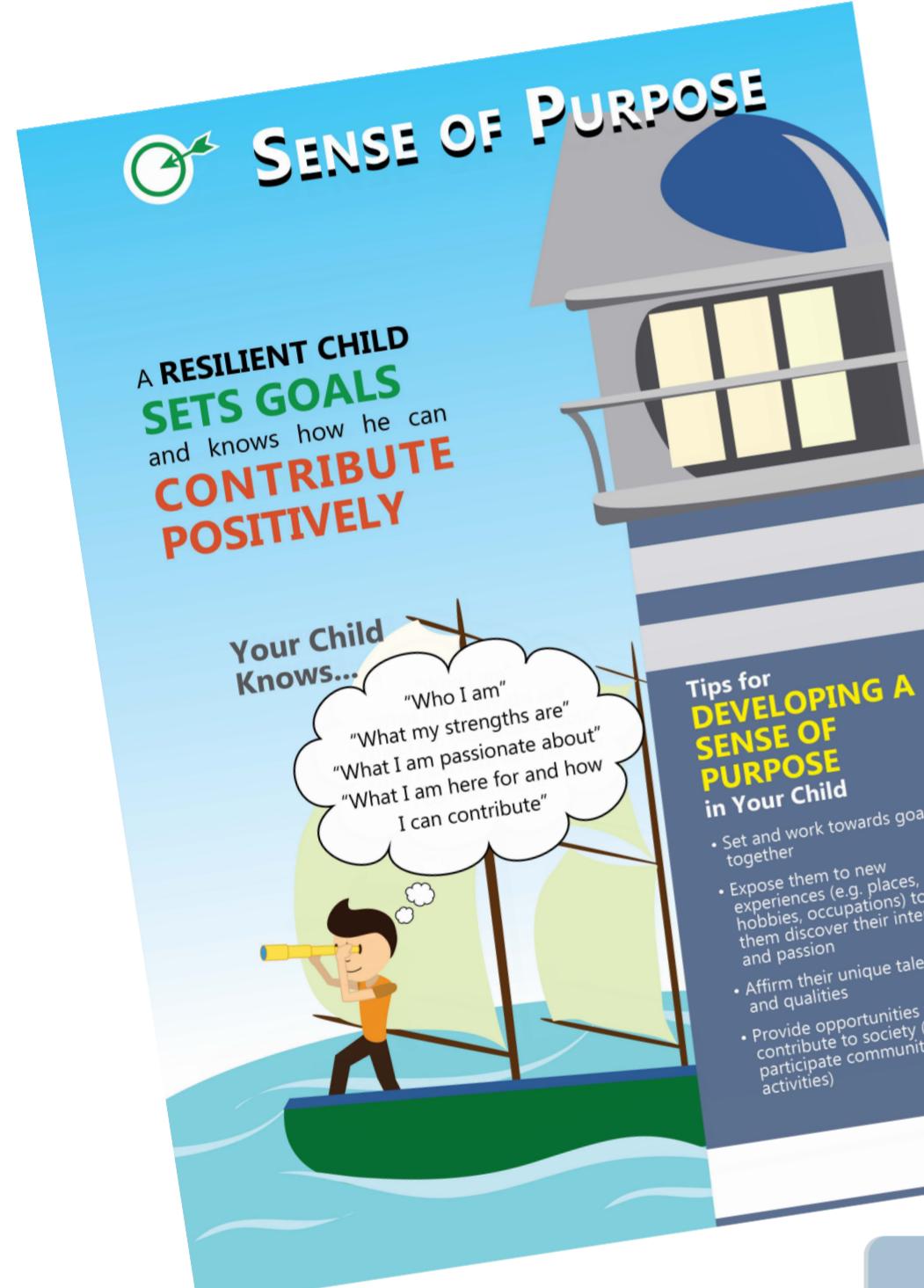
Support your children in identifying their individual strengths and interests and be a part of their goal setting

Tips and Resources

<https://tinyurl.com/resil-boosters>



Tips for Developing a Sense of Purpose in Your Child



Help Your Child Take Small Steps to Big Dreams Using L.I.F.E. Strategy

LIFE SKILLS as Goals
Set goals for developing skills for life. Goals can include social skills, interests, or habits your child wants to pick up or improve in.

IDENTIFY AGE-APPROPRIATE Goals with Your Child

- Break down large tasks into smaller achievable goals for younger children.
- Acknowledge accomplishments on the way to larger goals for older children.

FOLLOW S.M.A.R.T as a Guide

SPECIFIC	MEASURABLE	ACHIEVABLE	REALISTIC	TIMELY
What do you want to do or achieve?	Learn to swim freestyle	Can you put in numbers to help you see your progress over time and know when you've achieved your goal?	Learn to swim 200 metres freestyle within ten minutes	When do you need to reach this goal?
Do you have the ability to do it? What skills, strengths or resources can you rely on?	Learn to swim 200 metres freestyle with the help of a board within ten minutes	Can it be done given the amount of time and resources? Who or what can you seek help from?	Learn to swim 200 metres freestyle with the help of a board within ten minutes, from a swimming instructor, in four weeks	
What is it you want to do?	Learn to swim 200 metres freestyle with the help of a board within ten minutes, from a swimming instructor			

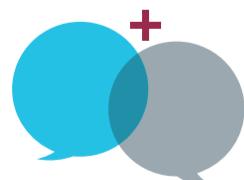
ENCOURAGE and SUPPORT

- Monitor your child's progress
- Acknowledge setbacks
- Celebrate successes

Build Character Strengths in Your Child Through Guided Conversations



Further Resources



Journeying with Our Children, Achieving Their Aspirations: A Guide for Parents/Guardians in Education & Career Guidance

<https://tinyurl.com/ecgparentguide>



Help your Child Explore What's Next After PSLE / N / O / A levels

<https://tinyurl.com/ecg-whatsnext>



Hand in Hand Journeying Together: A guide to understanding the role of educators, ECG counsellors and other stakeholders in guiding your child

<https://tinyurl.com/ecg-handinhand>



Play a Part in Helping Your Children Navigate Their ECG Pathways & Taking The Next Step Forward

<https://tinyurl.com/ecg-nextstep>