**Parenting Coaching Program Session 2: SMART goals**

**Prior to starting, ensure that you have viewed the home practice assignments so you can confidently review them with the client.**

Hello \_\_\_\_\_\_\_\_\_\_\_,

Welcome back to the session today. We are currently in session 2 of 10 sessions. Today we will talk about SMART goals in connecting with your child. Before we begin with our warm-up exercise, I would like to check-in with you. How are you feeling in this moment, what sensations, thoughts, and emotions come up for you right now? Can you rate your mood from 1-10?

**Let’s start off with our warm-up based on positive psychology.**

* The reason why we do this is to help us focus, highlight, and identify some of the positive things that you do and are doing to manage your social-emotional well-being.

**\*Pick one question to ask the client\***

* + *How has another person shown that they care about you within the past week?*
  + *What has happened this week that has been exciting?*
  + *Describe something fun that you did today.*
  + *What was something nice you said to someone this week?*
  + *Describe something that made you laugh this week.*
  + *Describe something you were thankful for this week.*
  + *What was a challenge you overcame this week?*
  + *What was something that made you feel happy this week?*

**Check-in about the previous week’s homework (SMART goals video) and inquire to see if they have any questions, watch now if they did not have an opportunity to do so.**

Link: <https://youtu.be/1-SvuFIQjK8>

Based on this introductory video,

SMART is an acronym that we will use to break down how we talk about goals.

We want to begin with **S**, where we will ensure that the goal you choose will be **Specific.** In doing this, we hope to make it very clear what you want to achieve, and we may need to break down a big goal into smaller steps.

Next is **M,** which stands for **Measurable.** Here we want to know how you will know when you have achieved your goal?  How will things be different?  What will you have started doing regularly?  Or what will you have stopped doing or are doing less of?

Next is **A,** which stands for **Achievable.** Ensure that you set yourself up for success and that your goals are not too high.  Celebrate your successes when you have them, and if you do not achieve your goal, ask what you could do differently next time to make yourself more likely to succeed.

Next is **R,** which stands for **Realistic and Resourced.**  Is your goal achievable with the resources you have?  Are there any resources you might need to help you achieve your goal?  How can you access those resources?  What problems may arise and how can you minimize them?

Finally is **T,** which stands for **Time-limited or Timely.**  Set a reasonable time limit to achieve your goal.  (1 week, 1 month, 6 months, 1 year, 5 years?).  Consider different time limits for smaller steps to achieve your larger goal.

**Provide a realistic example for your client to demonstrate the use of a SMART goal (perhaps refer to some of their information from the psychosocial assessment for an idea).**

Use this worksheet with your client to write down your example in the SMART goal format:



Do you have any questions about goal setting?  Have you used a similar model before?  How did it go?  Do you anticipate any challenges that I can help provide suggestions on how to plan for?

**Connection the Real Work of Parenting**

**Parenting is the most difficult job, and it is exhausting. To keep a strong bond with our children it is important to build in daily habits of connection.**

**Connecting with your child can be as simple as getting on the same level as the child and making eye contact to evoke a smile.**

**Many parents are working parents or they are co-parenting and may not see their child at every hour of the day. It is important to reconnect with your child after a period of separation. The best way to do this is to build routines into our daily lives. Examples of developing small rituals that connect you with your child throughout the day can be included as a SMART Goal:**

1. **Five minute snuggles upon waking**
2. **Twelve hugs a day**
3. **Evenings are for family time - for example eat dinner together. Research shows that children who eat dinner wth their families are less likely to be involved in risky behaviour later in life.**
4. **Special time with each of your children. This could range from ten to twenty minutes per day with each child individually. When could you schedule in special time? What is realistic to start with?**
5. **Turn off technology when you interact with your child. Research shows that children of distracted parents were more likely to act out in an attempt to get attention.**

**To end this session, I want to talk about the 5-to-1 ratio**

**Research indicates that couples who do not ensure that they have at least five positive interactions for every negative one end up getting a divorce. In terms of parenting, it is important that when you experience a negative interaction with your child, it is your reminder to find five opportunities to connect. Let’s explore more about what your ratio is with your child. What are ways that you can incorporate SMART goals in increasing positive interactions?**

**Review home practice to do between sessions:**

Read and work on:

-          Overview of SMART goals

-          SMART goals worksheet

For home practice, I will e-mail you the overview of SMART goals and a worksheet we will use at different times throughout the coaching program.  Please go over it and we can discuss it further at the next session if you would like.

Thank-you for joining me today, our next scheduled session is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Email template for client**

Subject: Moving Forward Family Services Parenting Program Home practice – Session 2

Insert Logo here

Hello Client’s name,

It was great to be with you for session 2 today. This program will support you by using psychoeducation, resources, and tools to help support you in your parenting role. The goal of this program is for you to obtain skills and strategies to gain confidence as a parent in your day-to-day life.

Our home practice this week is:

1. Read SMART goals overview



1. Review SMART goals worksheet



Do what you can, you do not need to do all of it at once. Breaking it down and doing about 5-10 mins a day can sometimes make it easier. Please reach out to your counsellor if you need support or ask how you can be connected with one.

Warm regards,

Your Name