

IEP for Home: Setting Goals to Help Build Your Child's Life Skills

<p>Use this worksheet to help develop skillbuilding goals. Ask for suggestions from your child's doctor, teachers, and other parents.</p>	<p>Child's Name: _____ Start Date: _____ Review Date: _____</p>
<p>Skill: Focus on one skill at a time. This will help you and your child stick to the goal and reduce the chances of feeling overwhelmed.</p>	<p>Skill: _____ _____</p>
<p>Goal: Work with your child to develop the goal and be sure to start small. The smaller the goal, the greater the chances of meeting it.</p>	<p>Goal: _____ _____</p>
<p>Steps to Success</p>	
<p>1. Notice: Notice and comment on your child's small successes. This includes noticing when your child partially reaches a goal. This kind of positive attention can help reinforce your child's positive behavior.</p>	<p>Things I can do or say: _____ _____ _____</p>
<p>2. Praise: Focus on the effort your child put in and/or on each part of the goal your child completed. Be specific and be sincere. Avoid overpraising or comparing your child to other kids.</p>	<p>Things I can do or say: _____ _____ _____</p>
<p>3. Reward: Use rewards when your child reaches or exceeds the goal. Work with your child ahead of time to develop rewards that involve spending time together—this can help your child feel valued and loved.</p>	<p>Things I can do or say: _____ _____ Agreed-upon reward: _____ _____</p>
<p>4. Use consequences sparingly: If you're sure your child understood the expectations and you gave your child an extra chance or two, then consider giving a consequence. Work with your child ahead of time to come up with what the consequence will be.</p>	<p>Things I can do or say: _____ _____ Agreed-upon consequence: _____ _____</p>