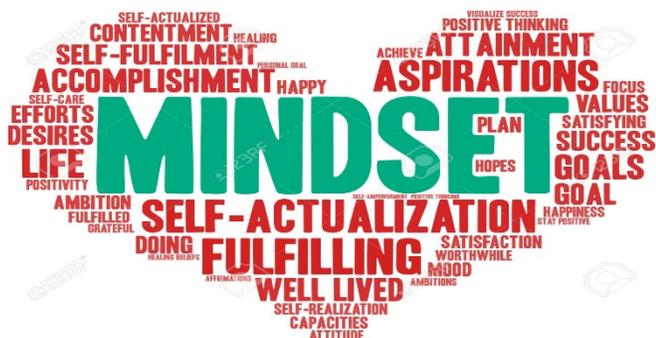




AVON LOCAL SCHOOL DISTRICT

**FAMILY TOOL KIT**

At The LCADA Way, we are focusing on the challenges and needs of our community. The reality of COVID-19, has changed the way we feel, communicate, relate, learn, work, and live. Since different families have different needs, we want to ensure that we are continually providing support for our communities and families. We have created this **Family Tool Kit** which contains helpful resources and supports, to assist you during this time. If you have any questions, or would like assistance in applying these resources, please contact us at The LCADA Way – Prevention Department at (440)-989-5912. We are here to support you!



**The value of setting GOALS:**

Setting goals is an effective way to *increase* motivation, by helping an individual to create the changes they desire. Setting goals will assist individuals to *improve* their physical & mental health, as well as their relationships.

Having goals as a family is a healthy way to focus attention to the things that are important. It allows a family to create a vision of how they would like their life to be. When we have a goal, we tend to increase the amount of time and effort we spend on an activity, and develop effective strategies to achieve that goal. Goals are successful when they are based on our values. For example, if family relationships are an important value, related goals could be to spend regular evenings out with a partner, and to spend quality one-on-one time with the children.



SMART GOAL SETTING

**SMART** is an acronym that stands for **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**imely. A **SMART** goal incorporates all of these criteria to help focus your efforts and increase the chances of achieving your goal. The **SMART** method helps push you further, gives you a sense of direction, and helps you organize and reach your goals.

SMART GOAL SETTING GUIDE

- S = Specific** ~ set clear concise goals.
- M = Measureable** ~ ability to measure progress.
- A = Achievable** ~ challenging yet achievable.
- R = Realistic** ~ set goals realistic to life plan.
- T = Timely** ~ goal should have a finish time.

CONSIDERATIONS FOR IMPLEMENTING GOALS WITHIN THE FAMILY:

- Reflect on how you'd like your family to **grow**; this will invest in your family's **success**.
- Work **together** as a family towards a common goal; this sets a tone of mutual understanding & respect.....success is more likely.
- When family goals are set collaboratively, it provides space for the thoughts and concerns of both parent and child to be expressed. When we hear and understand the perspective of other family members, we're more inclined to **understand** and **empathize** with each other's ideas.
- Take advantage of opportunities to **encourage** each other in order to keep spirits and motivation high.

**\*\*Visit the Parent.com website to learn more about the importance of setting family goals and how to do it @ <https://www.parent.com/the-importance-of-setting-family-goals-and-how-to-do-it/>**

*We hope that you find these resources helpful. If you have questions, or are in need of a specific resource, we would be happy to assist you. Please contact your District Prevention Educator, Ashley Truman-Skvor @ [atrumanskvor@thelcadaway.org](mailto:atrumanskvor@thelcadaway.org) or [trumanskvorashley@avoneagles.org](mailto:trumanskvorashley@avoneagles.org). The Youth and Family Tool Kits are designed to coordinate with one another. Visit us on Facebook @ [Keys to Prevention](#). **THANK YOU!***