



SETTING EXPECTATIONS ENCOURAGES ACHIEVEMENT

Every parent wants their child to do well in life. Creating realistic expectations can help your children gain confidence as they handle more responsibilities and stretch their abilities.

Whether goals deal with homework or household chores, knowing when to challenge your child requires balance.

Too-high standards could leave your child discouraged or afraid to take risks. Base expectations on a child's strengths.

Develop reasonable expectations by asking yourself these questions:

- 🌀 Do your expectations match the capabilities of your son or daughter?
- 🌀 Is this a realistic goal for your child or a carryover from your childhood?
- 🌀 Are the tasks you require appropriate for your child's age or maturity level?
- 🌀 How will your expectations benefit your child?

When establishing goals with your child, consider taking these steps:

- 🌀 Ask for feedback. Make sure your child understands what you want him or her to do.
- 🌀 Watch and listen. An overwhelmed child will let you know by behavior if not words.
- 🌀 Offer support. Provide guidance when your child struggles.
- 🌀 Recognize successes. Express praise when your child makes progress.
- 🌀 Reassess. When circumstances change, adjust an expectation if necessary.

It is natural as a parent to dream of what your child can become. Setting realistic expectations provides opportunities for your son or daughter to accomplish tasks and develop skills to become successful as children and adults.

